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Food, Page 1C

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Food

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Granite City Journal

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VOLUME 19, NUMBER 17

WEDNESDAY, MARCH 1, 1995

THIRTY-FIVE CENTS

A painting for the community

By Scott Cousins
Staff writer

The students in Amy Carey's art class had no idea what they were getting into, but had a lot of fun anyway.

The six students, all juniors at Venice High School, recently spent the day painting the front window of Kierski's Appliance in Madison. The painting depicts buildings and groups helped by the Madison-Venice Rotary, and will be entered in the Rotary World Window Week contest.

The contest is sponsored by the national Rotary as part of its 90th birthday celebration.

"It was a lot of fun," said artist Shantavia Berry. "We got to get out of class and didn't have to go to school. I think it's a good idea too, because we don't get a chance to do a lot of things for the community."

Darius Bradley also thought it was fun.

"We got a chance to relax, paint, and eat pizza too," he said.

The students became involved after Rotary member Emma Bosworth contacted John Rush, superintendent of the Venice School District.

Bosworth said she was very pleased with the effort, but was unconcerned about how the window does in competition.

(See PAINTING, Page 8A)



(Staff photo by SCOTT COUSINS)

Shantavia Berry, a student at Venice High School, paints an outline on the window of Kierski's Appliance in Madison. Students from Amy Carey's art class painted the windows as part of a project celebrating the national Rotary Club's 90th birthday.

Bank robber is captured in Missouri

By Scott Cousins
Staff writer

The man suspected of robbing a St. Louis bank, kidnapping three women and raping one of them in an abandoned building in Pontoon Beach was shot and captured late Monday by an FBI agent in Springfield, Mo.

Before being captured, the suspect, James Kemp, 35, allegedly robbed two more banks in the Springfield, Mo., area Monday, according to Special Agent John Guiley of the FBI's St. Louis office.

Kemp, who walked away from a halfway house in Bonne Terre, Mo., was shot in the parking lot of the Rest Haven Motel in Springfield, Mo., at about 6 p.m. after an FBI agent spotted the suspect's car.

Kemp was wounded in the upper leg and was under guard at a Springfield area hospital Tuesday.

Guiley said the agent was checking local motels for the suspect's car, a green Mercury Tracer taken from one of the women allegedly kidnapped by Kemp, when the vehicle was spotted outside the motel.

"We tied information from the robbery here to the two that had been committed in Springfield," Guiley said. "Kemp came out

and there was some kind of confrontation with the agent and Kemp was shot at that point."

The agent was not injured. Guiley said he was relieved that Kemp was apprehended before more people were hurt.

"It's pretty obvious he was on a hell of a spree," Guiley said.

Kemp's spree started Friday afternoon when, according to Special Agent Michael Roman of the FBI's St. Louis office, Kemp allegedly robbed the Heartland Savings Bank, 312 N. 6th St., in St. Louis.

Roman said Kemp may have been in the bank earlier in the day trying to open an account.

Kemp, who displayed a weapon during that robbery, left with an undisclosed amount of cash, but dropped it after a dye pack inserted in the cash exploded.

He then went to the Kiener Plaza East parking garage, where he allegedly kidnapped three women. The women were identified as Metro-East residents who car pool to their St. Louis jobs.

According to Detective Rick Hays of the Pontoon Beach Police Department, Kemp took the women to the old Beagle Club building on Illinois 157, where he allegedly ordered two of the women to disrobe and

(See ROBBER, Page 5A)

Food programs face bite

GOP plan would hurt nutrition programs, Durbin says

A Republican plan to fund senior nutrition programs via block grants will hurt local programs, U.S. Rep. Dick Durbin of Springfield says.

"For many low-income or homebound seniors, these nutrition programs are their main source for food, preventive care and companionship. The money saved by block granting these programs would be minimal, but the cost to many seniors could be devastating," Durbin said.

Durbin is co-sponsoring a House resolution calling for Congress to refrain from having states distribute federal funds for senior nutrition programs in block grants.

The programs, such as Meals on Wheels, fall under the Older Americans Act. The Republican plan would include them as part of a block grant that would combine other nutrition programs such as food stamps, school lunches and Women, Infants and Children programs, Durbin spokesman Brian Faith said.

"It's difficult to speculate how they might hit. I don't know that we would have to cut the program entirely, but we would have to make large adjustments."

— Connie Robinette

An across-the-board 12 percent cut in welfare programs is included in the plan, Durbin said.

Officials of local agencies are worried the plan will inflict unnecessary damage to programs that are functioning well.

"Our program has never been a welfare

program. The seniors contribute to its funding, but by lumping it in with the other programs, the seniors are going to be at the bottom of the list," Connie Robinette, executive director of Senior Services Plus Inc., said.

The Alton-based agency serves about 700 meals a day to seniors in Madison and St. Clair counties. Homebound seniors account for about 375 of the meals, Robinette said.

Under the plan, senior nutrition programs would be subjected to means testing in which seniors have to fall below a certain income level to qualify, Faith said.

"We've never had to do that before. Under the Older Americans Act, the only requirement was that they be over 60," Robinette said. "We've had people with money donate and donate nicely, and, of course, some who can't. One balances off the other."

If senior nutrition programs are labeled

(See FOOD, Page 5A)

Price Center on list

By Bob Slate
Staff writer

The Charles Melvin Price U.S. Army Support Center is once again on the Defense Department's list of military installation recommended for closure or realignment.

But the agency did not suggest complete closure of the Price Center in its list of base recommendations made public at 10 a.m. Tuesday by Defense Secretary William Perry.

"It's not totally bad news. The Price Center is on the list. But they are recommending retaining 121 reserve jobs and 79 civilian jobs," Granite City Mayor Ron Selph said after hearing the news.

"It's not a total closure."

The DOD also recommends retaining storage facilities at the Price Center.

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Deaths

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Dorsey Kee
Ernest Hopkins
Mary Alice Root
James Braman
M. Vlachoslavovna
J. Gutierrez

Coming Thursday . . .

News: Madison students answer some interesting questions.

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Arrests down, juvenile and drug crime rises

By Bob Slate
Staff writer

While Granite City police officers made fewer arrests in 1994 than in 1993, juvenile and drug-related crime was on the increase, according to the police department's annual report.

Granite City patrol officers responded to a total of 28,520 complaints in 1994, a 2 percent increase compared to 1993, according to the report. More than 445,530 miles were logged on police vehicles patrolling the streets in 1994 — the equivalent of about 18 trips around the world.

Police made a total of 9,325 arrests in 1994 — a 16 percent decrease compared to 1993. But while alcohol-related and traffic arrests decreased in 1994, juvenile arrests increased 48 percent and drug-related arrests jumped by 38 percent.

Police Chief Dave Ruebhausen attributed the increase in juvenile arrests in part to a change in Granite City School District policy. While schools in the past evaluated fights on a case by case basis, the district has adopted a policy where students are arrested every time police are called.

Ruebhausen said he will dedicate two officers this year to full-time drug enforcement.

In addition to GCPD drug investigations, the Metropolitan Enforcement Group Southwestern Illinois made 42 arrests in the Granite City area — 22 within the actual city limits — and seized 133 grams of crack cocaine, 140 grams of cocaine, 42 grams of methamphetamine, more than 846 pounds of marijuana and 89

(See CRIME, Page 7A)

Tourney canceled

By Tony Panozzo
Staff writer

Granite City's wrestling team ended its season with a perfect 25-0 record. But it was not the record the team wanted.

The Illinois High School Association announced Monday that it had canceled the remainder of the Class AA dual team state wrestling tournament. The move officially ended the 1994-95 season — and with it the Granite City wrestling team's state title hopes.

"It is with much regret that we have to conclude the 1994-95 wrestling season in this manner without determining a (Class) AA state champion on the mat," IHSA executive director Dave Fry said Monday. "The decision to suspend the series last week was a difficult one for the Board of Directors, and this decision to cancel it altogether was even more difficult."

The IHSA's decision was especially difficult for Granite City, which was ranked No. 1 in last week's Class AA state poll and heavily favored to make a return trip to the dual team state tournament.

Warriors coach Mike Garland said the move ruined what had been a great season.

"It means nothing now. This team is gone. It's really discouraging and it's hard to get motivated for next season," he said.

"It's not a total loss. We placed four kids at the individual state tournament. (But) it's a hollow feeling at the end of it."

See details in Sport, Page 1B

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AIDS now 2nd leading killer of those 25 to 44

The number of AIDS cases reported in Illinois last year increased 3 percent over the number reported in 1993, according to statistics compiled by the Illinois Department of Public Health.

In 1994, 3,118 AIDS cases were reported, bringing the cumulative total in Illinois since 1981 to 14,299, the sixth-highest state total in the United States. In 1993, there were 3,024 cases reported.

The 1994 total included 39 cases in St. Clair County and 11 cases in Madison County. The department also reported that in 1993, the most recent year for which complete death statistics are available, HIV infection was the second leading killer in Illinois of young adults 25 to 44 years of age, trailing only unintentional injuries.

Unintentional injuries killed 853 young adults in 1993, while HIV infection claimed the lives of 929. Since the first case of AIDS was reported in 1981, 8,794 Illinois residents have died with HIV infection.

"This deadly disease continues to extract an intolerable toll of human pain and suffering, primarily among the state's youth, and the outlook for the near future is not any better," said Dr. John R. Lumpkin, state public health director.

"We know how this disease is spread and, by making healthy behavioral changes, how it can be prevented. People simply must talk about HIV, learn the sexual and drug-using behaviors that can place them at risk of HIV infection, and then use that knowledge, whether it is to refrain from sexual activity; practice safer sex, such as consistently and correctly using a latex condom; or avoid the use of illegal drugs," Lumpkin said.

"As we say in the state's most recent AIDS public education campaign, 'Let's TALK about HIV. Shouldn't you know?' " Lumpkin said. "There is no question we should all know."

The campaign, which features nationally known talk show hosts, was launched in August 1994 to motivate people to seek information about HIV infection and AIDS. Talk show hosts who volunteered to record television and radio public service announcements were Leesa Gibbons, Montel Williams, Jerry Springer, Bertie Berry, Cristina Saralegui, Maria Laria and Rebecca Rambal.

Overall, the 1994 AIDS statistics show homosexual bisexual men still account for the majority of AIDS cases, but more and more cases are associated with injection drug use and heterosexual transmission, which has resulted in a noticeable increase in the number of women affected by the AIDS epidemic.

In 1994, homosexual bisexual men represented the highest percentage of cases (46.5 percent) and the largest number (1,545), a 9 percent increase over 1993. However, for only the second time in the history of AIDS in Illinois, cases reporting

homosexual bisexual behavior were less than half the state's annual total.

AIDS cases reporting a risk factor of heterosexual contact jumped 49 percent, from 294 in 1993 to 414 in 1994, and the proportion of AIDS cases among women continued the steady rise that has been noticed the past several years.

Cases reporting heterosexual contact accounted for 13.3 percent of all the AIDS cases in 1994, up from 9.7 percent in 1993. Women represented 15.1 percent of the cases reported in 1994, compared with 14.8 percent in 1993. The number of reported AIDS cases among men was 2,646, up 3 percent over 1993.

"With the number of cases among women continuing to rise it is imperative that we reinforce the need to educate women to protect themselves and, if they are considering having a child, to protect their baby," Lumpkin said.

Lumpkin said women-at-risk who are contemplating getting pregnant should be counseled by their physician about HIV infection and testing. New scientific studies have shown that drug treatment of an HIV-infected woman while pregnant can reduce the risk of transmission of the virus to the baby.

Geographically, AIDS cases in Chicago increased 5 percent; cases in the Chicago metropolitan area, including Chicago, increased 8 percent; and downstate cases declined 26 percent. Two counties — Edwards and Hardin — reported AIDS cases for the first time.



(Staff photo by SCOTT COUSINS)

Collision — Granite City firefighters prepare to transport Tina Economy, 45, of Madison following an accident at the intersection of Illinois 3 and Rock Road late Friday afternoon. According to police, Economy was attempting to turn onto Rock Road when her car was struck by a tractor-trailer driven by Steven Noah, 43, of Claremore, Oklahoma. Economy was ticketed for failure to yield and not wearing a seat belt. Noah was ticketed for not wearing a seat belt. Economy was treated at and released from St. Elizabeth Medical Center.

Suspected cocaine dealer arrested

By Scott Cousins
Staff writer

A Madison man recently sentenced to two years probation for drug possession faces new charges after being arrested Sunday evening.

According to police reports, Anthony Cortez King of the 1500 block of Madison was arrested at approximately 10:30 p.m. at the Madison County Housing Authority's Greiner Garesche Homes after officers observed him acting suspiciously. Numerous items police believe were crack cocaine and a large amount of cash were seized.

King was charged with trespass, and police are waiting for lab results before adding additional charges. Police Chief Paul Bargiel said because of the amount of cocaine found, King could be charged with possession of a controlled substance with intent to deliver.

King said King was recently sentenced to probation after being arrested as part of a larger investigation in drug dealers. An undercover officer originally purchased drugs from King on Oct. 21, Bargiel said. King was indicted in December.

He pleaded guilty two days later, and was sentenced to two years probation.

Between 8:30 and 10:30 p.m., an officer driving a police car noticed King acting suspiciously whenever the vehicle passed. The officer then left his car and got behind King while another officer went by.

Police reports said King attempted to escape and threw something away when the officer approached. King was able to run about 15 feet before being apprehended.

Police recovered two bags containing what is believed to be crack cocaine, and almost \$500 in cash was found stuffed down one of King's pants legs.

Ryan renews push for lower DUI limit

In a bill introduced last week in the Illinois House, Secretary of State George Ryan renewed his push to lower the legal limit for drunken driving from 10 percent to .08 percent.

Carolyn Dearduff, president of the Madison County chapter of Mothers Against Drunk Driving, endorsed Ryan's proposal.

"With a lower limit, people will be a little more conscious and may drink less before they drive," she said.

Passage of the .08 legal intoxication limit would bring the state into compliance with new federal criteria for highway grants that take effect next year.

"Winning passage of a .08 law is my top priority in our ongoing

"With a lower limit, people will be a little more conscious and may drink less before they drive."

— Carolyn Dearduff
MADD president

battle against drunk driving," Ryan said. "Illinois stands to lose more than \$4 million in federal highway safety funds if a .08 law is not in effect by Sept. 30, 1996."

Under the new standard, a 160-pound person who has four servings of beer, wine or liquor within an hour would be legally considered too drunk to drive, Mike

Murphy, a spokesman for the Secretary of State, said. That is one less drink an hour than the current standard allows, he said.

Ryan has tried to lower the legal drunken driving threshold each year since taking office in 1991. Eleven other states have a .08 law.

From the Alton Telegraph

Spaghetti dinner set for March 11

On Saturday, March 11, from 4 to 7 p.m., the Tri-City United Methodist Men will hold their annual spaghetti dinner at the Niedrighaus United Methodist Church in Wesley Hall on the corner of 20th Street and Delmar Avenue in Granite City.

Monies received from the donations of \$4 for adults and \$2.50 for children under 12 years of age will be for local and church-wide missions. All carry-outs will be \$4 and can be called in during the above hours at 877-4556.

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Veterans group cites Jay Hoffman

The Illinois Association of County Veterans Assistance Commission has awarded State Rep. Jay C. Hoffman (D-Collinsville) for work on behalf of Illinois veterans.

The award was presented by Norbert Hillis, vice president of the Veterans Assistance Commission; Charles Snyder of the St. Clair County Veterans Assistance Commission; and Darrel Seim of the Madison County Veterans Assistance Commission.

"Once again, I have been appointed to the Veterans Affairs Committee," Hoffman said.

"I am proud to help the people who have given up so much for us," Hoffman said. Hoffman has served on the House Veterans Affairs Committee during his entire four year tenure. He has served as vice-chairman of the committee for the last two years.

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Clear mif

"Madison County Board" backer is County Board month to avoid denials for a pro center. The board voted resolution supporting the committee recycling and a recovery facility. It serves no it," board Environmental Committee and Worthen Wood River was the public. The committee study, Madison County pursue clean mif recycling. The board five bids for. However, the River is gaining mif back posed mixed-w

Park c

The Granite City will make the first of the season on 21, to Branson, Mo. go on sale at the office on Tuesday. Shows to be seen weekend will be E. The Fatsy Cline Grand Palace, the show and the Mel. In June, a four-planned to hold first four-day trip district, which will travel a little farther five bids for. Some of the sign in Atlanta will be studios of CNN, C headquarters, J. museum, which is to the Oval Office Washington, D.C. Atlanta shopping famous Cyclaram some Civil War Mountain, Dahlton sight of the first United States Patch Hospital in Ge., and the moun village of Hales. Detail of all sc included in a re. The trip will be Wednesday, June 24. The Bearcreek Berne, Ind., area revisited in July repeat of last year popular trip. A w Bearcreek in July lavish meals in a setting. One day

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Clean merf supporter miffed over vote delay

Madison County's chief "clean merf" backer is miffed over the County Board's decision last month to avoid a vote of confidence for a proposed recycling center.

The board voted 19-8 to table a resolution supporting the county's commitment to curbside recycling and a clean materials recovery facility, or merf.

"It serves no purpose to delay the board's vote of confidence," board Environmental Control Committee Chairman Richard Worthen of Alton said. "Wood River wanted to confuse the public. They've done that."

The committee, after lengthy study, has recommended the county pursue development of a clean merf involving curbside recycling. The board is examining five bids for the project.

However, the city of Wood River is gaining momentum and municipal backing for a proposed mixed-waste materials

recovery facility, or dirty merf, in its Lewis and Clark Environmental Business Park at Illinois Routes 3 and 143.

The committee asked the board for a vote of confidence in the form of a resolution reaffirming the county's commitment to curbside recycling but got a delay of at least 30 days instead.

Either type of plant would need a minimum volume of solid waste to be practical, and both sides are seeking commitments from county municipalities. Some communities have delayed taking action while waiting for the County Board's decision.

"As long as there's confusion, public officials are reluctant to act," Worthen said.

Board member Rudy Papa of Bethalto made the motion to table the resolution. He praised the committee for its efforts but said board members need time

to evaluate information provided by both sides in the debate at recent meetings.

"If given both sides a chance to re-evaluate what they've learned," Papa said, "Maybe they can even get together."

Tony Bosich of Wood River, the board's most outspoken advocate of a dirty merf, said action would have been premature. He said the board should wait until municipalities decide what they want.

"I urge anyone who will be involved in the decision making to go to the Norton plant," Norton Environmental of Ohio is proposing to build the dirty merf. It operates a mixed-waste plant near Cleveland, which several board members and municipal officials have visited.

Many county municipalities have had curbside recycling for years.

— From the Alton Telegraph

Park district plans variety of trips

The Granite City Park District will make the first three-day trip of the season on May 19, 20 and 21, to Branson, Mo. The trip will go on sale at the Wilson Park office on Tuesday, April 4. Shows to be seen during the weekend will be Bobby Vinton, the Patsy Cline Show at the Grand Palace, the Charley Pride show and the Mel Tillis show.

In June, a four-day trip is planned to Atlanta. This is the first four-day trip for the park district, which will allow time to travel a little farther.

Some of the sights to be seen in Atlanta will be a tour of the studios of CNN, Coca Cola headquarters, Jimmy Carter's museum, which is very similar to the Oval Office in Washington, D.C., Underground Atlanta shopping areas; the famous Cyclorama display of some Civil War battles; Stone Mountain, Dahlonega, Ga., the sight of the first gold rush in the United States; the Cabbage Patch Hospital in Cleveland, Ga.; and the mountainous alpine village of Ziplines.

Details of all activities will be included in a release in April. The trip will be made on Wednesday, June 21, through Sunday, June 24, it goes on sale May 4.

The Bear Creek Farms of the Berne, Ind., area will be revisited in July. This is a repeat of last year's most popular trip. A weekend at Bear Creek is one of fun and lavish meals in a country setting. One day will be spent in

Berne with a different itinerary than that last year. This area is in the heart of an Amish settlement where visits will be made to a cheese factory, bakery, new quilt shop with dessert after lunch in an Amish home.

Other details of the trip will be announced at a later date. The trip will be made on July 21, 22 and 23, and will go on sale June 27.

Nashville, Tenn., will be the destination on Aug. 25, 26 and 27. Highlights of this trip will include the live viewing of Music City Tonight and the Always Patsy Cline show at the newly refurbished Ryman Auditorium; lunch at the Wildhorse Saloon, where country line dancing has been made popular; the star concert featuring Tanya Tucker in the Geo Theatre on the grounds of Opryland; and a late Saturday night visit to the Grand Ole Opry. This trip will go on sale July 18.

On Sept. 15, 16 and 17, the Bardonia, Ky., area will be visited. Activities are in store for this trip to the rolling hills country for horse farms and southern hospitality. The trip will go on sale Aug. 8.

The annual Christmas weekend trip will again be made to Branson, Mo. The shows at that time will be geared to holiday music and entertainment with an entirely different program than

throughout the other times of the year. The Andy Williams Moon River Theatre will provide the first show with the Baldknobbers entertaining that evening.

Saturday, the group will visit the Osmond Family Theatre and Shoji Tabuchi Theatre.

The trip will be made on Dec. 1, 2 and 3 and will go on sale Oct. 17.

Information regarding each trip will be released approximately six weeks ahead of the trip. If more information is needed, inquiries can be made at the Wilson Park office or the home of Sue Champion, tour coordinator.

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Public meeting set for March 8 on 159 project

The Illinois Department of Transportation will hold an open house public information meeting on Wednesday, March 8, to discuss the proposed relocation of Illinois 159 in Edwardsville.

The project calls for the relocation of Illinois 159 along existing city street and railroad property currently in rail-bank status from south of Center Grove Road north to Vandallia Street in Edwardsville — approximately 2.2 miles.

The public information meeting will be held from 3-8 p.m. in the Edwardsville Junior High School Cafeteria, 59 South Illinois 157 in Edwardsville.

No formal presentation will be made. Personnel

from the Department's Collinsville District Office and the consulting firm of Environmental Science and Engineering Inc. will be available during the meeting to answer questions on the project and to discuss individual concerns.

All interested citizens are invited to attend the meeting and will be offered an opportunity to present their written comments on the project.

Project displays and handouts will be available for public inspection at the meeting.

The meeting room is accessible to individuals with disabilities. If special accommodations are needed, arrangements should be made with the District Office prior to the meeting date.

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Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty. Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-2000. This calendar runs in every Wednesday's Journal.

Wednesday, March 1

Fairmont City Area Jaycees will meet at 8 p.m. at Koke's Restaurant and Bar, 4419 Cookson, 2nd Fairmont City. Those wanting to join and new members are encouraged to attend. For more information, call Sandy at 876-0125.

Granite City Chess Club meets from 8 to 9 p.m. at the Granite City Public Library. For more information, call 876-4229.

Colonial Care Center will host senior bingo from 2 to 4 p.m. Refreshments, attendance prizes and cash pay-outs will be offered. For more information, call 931-3900.

Holy Family Catholic Church, 2606 Washington Ave., in Granite City, will offer a Lenten fish fry from 4 to 7 p.m. Hand-dipped cod fish, choice of spaghetti or fries and slaw will be offered in addition to hot dogs, beer, coffee or soda. Prices are \$4.25 for plates, \$3.25 for sandwiches and 50 cents for homemade desserts. Carry-outs are available.

Mount Zion General Baptist Church, 2827 Mockingbird Lane, in Granite City, will offer free clothing available to those in need from 10 a.m. to noon.

Pulmonary Support Group, for persons with diagnosed lung condition, 11 a.m. to noon in 4-Doctors Solarium, St. Elizabeth Medical Center, 788-3019.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meetings are closed except for the last Wednesday of the month.

Collinsville Area Recreation District in conjunction with the Roots and Slippers Square Dance Club will sponsor square dance lessons from 7 to 9 p.m. at Latham, 2200 Vandavia St., Collinsville. The cost is \$2.50 per person. Per session. For information, call 344-4636 or 344-4183, or contact CARD at 346-7539.

Divorced and Separated Group Ministry, 7:30 p.m., Eden United Church of Christ, 903 Second Street, Edwardsville, 656-0268.

Al-Anon, 7:15 p.m., Gateway Foundation, 600 Lincoln, Caseyville, 463-2420.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 462-2714.

Stress Management Class, 7 to 8 p.m. at Mental Health Services, 50 Northgate Industrial Drive, Granite City. For people who want to know what causes stress, how it affects their lives, and what they can do about it. For more information, call 877-4220. Fees are based on a sliding income scale.

Madison Community Action

Group, meets at 7 p.m. For more information call Dan at 452-2336 or Diane at 876-1360.

Thursday, March 2

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 906 Thorngate Drive, Mitchell.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 11 a.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Foursquare Church will give out food and clothing from 1 to 3 p.m.

Take Off Pounds Sensibly Chapter 2963, 6-45 p.m. at Anchorage Recreation Center, 2909 Edwards St. For information, 797-6351 or 877-2739.

Al-Anon, 8 p.m., Wellness Center, 876-0125.

ter, 2183 Iowa, 463-2429.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 2415 N. 89th St., Caseyville. For information, call 1 (314) 638-7621.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nantuxi Road, Granite City, 931-0443.

Friday, March 3

The Eagles Auxiliary 1126 diabetes charity will hold a dessert sale from 5 to 9 p.m. and the fish dinner at 2558 Madison Ave., in Granite City. Contact Del Deloney to donate cakes or pies. Music by Johnny Reed will follow the dinner.

Foursquare Church will give out food and clothing from 1 to 3 p.m.

Greater Beneficial Union of

Pittsburgh, District 491, Granite City Council, meets at 8 p.m. at the Knights of Columbus Hall, 4225 Old Alton Road, Granite City. James P. Reagan, president, can be reached at 288-7596; and Mary Solomon, secretary, can be reached at 451-5201.

Holy Family Catholic Church, 2606 Washington Ave., in Granite City, will offer a Lenten fish fry from 4 to 7 p.m. Hand-dipped cod fish, choice of spaghetti or fries and slaw will be offered in addition to hot dogs, beer, coffee or soda. Prices are \$4.25 for plates, \$3.25 for sandwiches and 50 cents for homemade desserts. Carry-outs are available.

Al-Anon meets at 8 p.m. at Pascal Hall on the main floor at St. Elizabeth Medical Center. Call 463-2429 for more information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Friday Afternoon Pinchle Club for seniors 55 and over meets at 12:30 p.m. Call 877-0350 for more information.

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety), A support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-3604 for more information.

Saturday, March 4

Polish Pierogi Sale, Sacred Heart of Jesus Church, 930 Reynolds, Madison, 9 a.m. to noon. Seven varieties: cabbage, cheese, kraut, potato, sausage and kraut, plum pudding and taco. Carry-outs only. \$6 per dozen. Cooked and ready to heat and eat. Order ahead by calling 876-5860.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Madison County Humane Society will host an adopt-a-pet day from noon to 4 p.m. at PetsMart in O'Fallon.

Summerstage Playhouse, 2906 Pershing Ave., in Granite City, will host a chili supper from 11 a.m. to 7 p.m. The menu includes homemade chili and desserts; eat-in or carry-out. The cost is \$3.50 per person. A 50/50 drawing will be held. The winner need not be present to win.

Al-Anon Adult Children, 10 a.m., 2016 Delmar Ave., 463-2429.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Rescue Mission, 1536 Fourth St. Madison, food pantry is open from 9 a.m. to noon. Samuel Turner is the chairman. Valonda Turner is

(See CALENDAR, Page 11A)

Starts Friday!

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Fairview: 105 Commerce Lane / (618) 397-7171
West County: 14101 Manchester Road / (314) 256-7855
St. Peters: 411 Midwinters Mall Drive / (314) 279-3131

•Robber

(Continued from Page 1A)

then raped one of them.

After ordering the women to lay face down, he allegedly threatened to come back after them if they told police. He then left in their car, a green Mercury Tracer, and went south on Illinois 157. The rape victim was taken to a local hospital and has since been released. The other women were not harmed, according to Hays. Collinsville and Pontoon Beach police searched the area for Kemp. Hays said federal and local police spent the weekend looking for Kemp.

"We followed leads like crazy," he said. "We had calls from all over."



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•Food

(Continued from Page 1A)

welfare programs, the stigma attached will stop many seniors from seeking help.

Senior Services Plus's nutrition programs do more than help alleviate the cost of meals, Robinette said. Providing meals enables seniors to stay in their home and out of nursing homes. The programs also provide a social outlet for many.

"You don't have to be poor to be someone," she said.

Robinette said she's not sure what area the cuts would do the most damage.

"It's difficult to speculate how they might hit. I don't know that we would have to cut the program entirely, but we would have to

make large adjustments," she said.

In addition to federal funding and private donations, Senior Services Plus receives state funding and a small amount from the United Way, she said.

The plan could have a domino effect. Robinette said. Senior Services Plus is an umbrella agency that includes all types of programs for seniors, from transportation and health screening to widow, widower and foster grandparent programs.

"All of these things get intermingled. When you pull one, you hurt the others, too," she said.

Seniors are letting congressmen know they want the nutrition programs to stay fat.

"They've sent a lot of letters to Congressmen and it seems like it's made a differ-

ence," she said. "We really need to inform Republicans what a ripple effect this will have. In the past we've had pretty good bipartisan support."

Durbin has been helpful in supporting the program and Rep. Jerry Costello of Belleville is "very much in our corner," Robinette said.

Although Durbin's resolution is nonbinding, it sends a message of disapproval to those calling for the block grant, Faith said.

Durbin doubts block grants are the best way to administer to the needs of seniors, as well as pregnant women and children who would be affected by the plan, Faith said.

"We don't think handing a pot of money over to the state and saying 'Here, you deal with it' is the best way to do it," he said.

— From the Alton Telegraph

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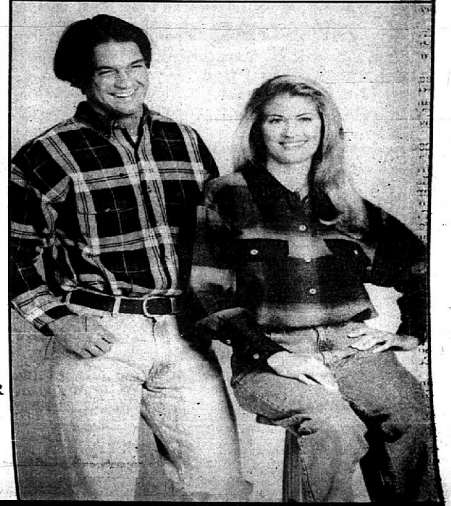
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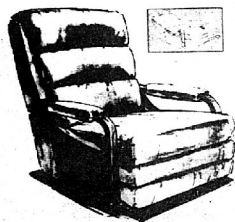
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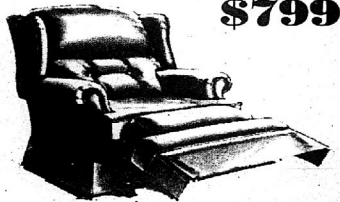
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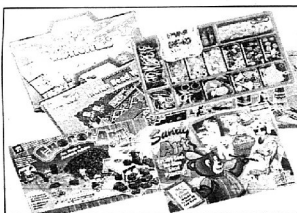
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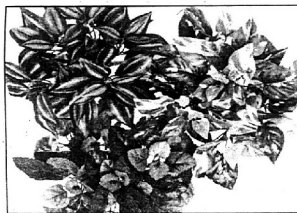
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Bicycle trail moving forward

By Doris Hanrahan
Staff writer

A \$600,000 Illinois Department of Conservation grant approved last fall will bring the Schoolhouse Trail project a step closer to reality.

The federal money will be used for preliminary engineering for a 35-mile-long segment of Norfolk-Western railroad bed reaching from north of Edwardsville to McKinley Junction east of McKinley Bridge for development as a biking and walking trail.

No funding was awarded for construction. Madison County Transit Director Jerry Kane said those funds might come in 1998.

Madison County Transit is sponsoring the biking trail, one of three major bikeway projects it hopes to tie into a multimodal transportation system linking park and ride lots, bus terminals and Metrolink terminals.

"Our intent is to make travel by bike a viable option for

residents of the county," Kane said.

The project is being funded by Intermodal Surface Transportation Efficiency Act (ISTEA) money. The grant must be matched locally on an 80 percent-20 percent basis. The transit district has pledged the 20 percent amount.

Kane said the immediate goal is to acquire the right-of-way from Norfolk-Western to a segment of land that parallels S.A. 35 to Highway 157 and continues east to just south of Highway 162 in Troy.

That portion of the rail bed extending from Troy Junction south of Hwy. 162 to Cahokia Creek north of Edwardsville is not being abandoned by the railroad at this time, but part of the funds will be used to study the feasibility of a bike trail in that area, Kane said.

The Schoolhouse Trail will connect with the terminus of the Vandalia Trail near Horseshoe Lake and, depending

on future acquisition of the Troy Junction segment of rail bed, with the Glen Carbon, Vandalia and Delyte Morris Trails to the north.

The transit district took over sponsorship of the project in January 1993 from the Schoolhouse Trail Alliance, which included the Collinsville Area Recreation District, the village of Maryville and the city of Troy. The alliance had worked on the project for two years.

Kane said the trail project needed a sponsor, such as the transit district because the trail extends beyond municipal borders.

"We're the only transit district that has done this, to my knowledge," he said. "We believe we should be responsive to the residents' needs, and we felt we should get involved. We've been aggressive in getting approval to build bikeways and successful in obtaining grants."

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Lunch time — The Spink family of Granite City enjoyed their McDonald's lunch at Wilson Park during Wednesday's record warmth. From left are Charlie, Brittany and Tammy.

Crime

(Continued from Page 1A)

doses of lysergic acid diethylamide (LSD). MEGSI spent more than \$10,000 in the area to purchase drugs and build cases.

Other major crime in the city included one murder which resulted in one arrest; 37 reported criminal sexual assaults (a decrease of 20 percent compared to 1993) resulting in eight arrests and 12 more cleared or unfounded; five arrests for 19 reported robberies (a 33 percent decrease) and 10 more cleared or unfounded; 108 aggravated batteries or aggravated assaults (a 39 percent increase) resulting in 51 arrests; 408 burglaries (15 percent fewer than 1993) culmi-

nating in one arrest and 279 clearances; 157 auto burglaries; 1,026 thefts; 95 auto thefts and 20 cases of arson.

More than \$1.22 million in property was reported stolen in 1994. The seven detectives in the department were assigned 2,884 cases — an average of 412 cases per detective or more than one per day.

The detective division had a 65 percent clearance rate, including 350 felony cases filed with the Madison County State's Attorney office. Of those, 56 offenders received sentences of a year or more in state prison; one was found not guilty; 169 were pending at the end of the year; and 124 were either given probation,

fines or jail time of less than a year.

Domestic disputes were the most common offenses requiring police intervention and accounted for 4,662 calls for service by the patrol division — more than twice the number of the second most common call (alarms, 2,057).

The third most common call for service was traffic accidents (1,919), followed by suspicious persons or vehicles (1,610), complaints against minors (1,277) and lockouts (923). Other common calls included 611 complaints about animals and 281 reports of shoplifting. A total of 3,230 traffic citations were issued in 1994 — a decrease of 26 compared to 1993.

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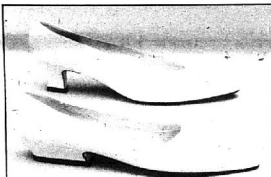
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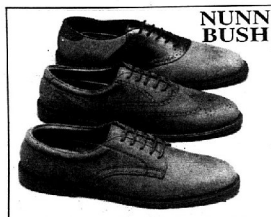
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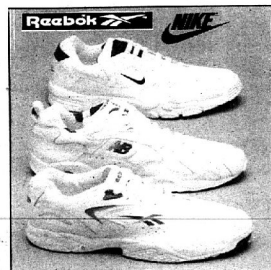
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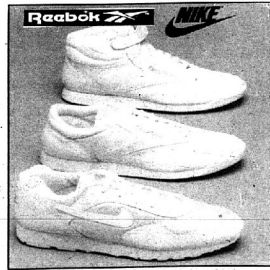
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Obituaries



Robert Barnhart

Robert Barnhart, 76, of Granite City, died at 8:05 p.m. Saturday, Feb. 25, 1995, at St. Elizabeth Medical Center after a 13-year illness. He was born Oct. 1, 1918, in Halliday, Tenn., and had been a resident of Granite City for 50 years.

A crane operator with A.O. Smith for 26 years prior to his retirement in 1980, he was a veteran and of the Pentecostal faith. Survivors include three sons, Robert Michael Barnhart, and Rick and Allen Barnhart, all of Granite City; three daughters, Patricia Phelps of Bristow, Va., and Sandra Schmidt and Debbie Zessinger, both of Granite City; four sisters, Fannie Ward of Moline, Verna Nolan and Verla Rainey, both of Granite City, and Myrtle Todd of Camden, Tenn.; 11 grandchildren; and three great-grandchildren.

He was preceded in death by his wife, Grace M. (Martin) Barnhart, who died Feb. 6, 1995; his parents, William and Polly (Kelley) Barnhart; two sisters, Ella Birdwell and Ruby Rogers; and two grandchildren.

Services are at 10 a.m. today, Wednesday, at Mercer Mortuary, 1415 Niedringhaus Ave., Granite City, with the Rev. Henry Crippen officiating. Burial will be in St. John Cemetery, Granite City.

Memorials are requested for the American Heart Association or the American Cancer Society.

James Braman

James William Braman, 36, of Eldorado, Ill., formerly of Granite City, died Monday, Feb. 27, 1995, at his residence. He was born Aug. 25, 1958, and had been a resident of Granite City for 20 years prior to moving to Eldorado in 1994.

Survivors include his wife, Paula S. (Summers) Braman; his father and stepmother, James M. and Carol (Meyerling) Braman of Granite City; one brother, Michael Braman of Orlando, Fla.; two sisters, Nina Adams and Gena Crowell, both of Granite City; his

grandmother, Nina Ciloino of La Mesa, Calif.; and one uncle, Vincent Ciloino of San Diego.

He was preceded in death by his mother, Lena (Ciloino) Braman, who died in 1992.

Visitation is from 3 to 8 p.m. today, Wednesday, at Werner Chapel for Funerals, 3939 Lake Drive, Pontoon Beach, where services are at 1 p.m. Thursday. Burial will be in Lake View Memorial Gardens, Fairview Heights.



Ernest Hopkins

Ernest L. Hopkins Sr., 85, of Granite City, died at 9:23 a.m. Thursday, Feb. 23, 1995, at his residence after a two-year illness. He was born Aug. 21, 1909, in Flat River, Mo., and had been a resident of Granite City for 69 years.

Owner and operator of Ernie's Standard Service Station for many years prior to his retirement in 1974, he was a Navy veteran and of the Baptist faith.

Survivors include two sons, Neil Hopkins of Wood River and Ernest Hopkins Jr. of Granite City; four grandchildren; and three great-grandchildren.

He was preceded in death by his wife, Zula Faye (Martin) Hopkins, who died Nov. 5, 1981; his parents, William and Mary Hopkins; four brothers; and three sisters.

Services were held Monday at Werner Chapel for Funerals, Pontoon Beach, with the Rev. Ed Hart officiating. Burial was in Sunset Hill Memorial Estates, Glen Carbon.

Memorials are requested for the Alzheimer's Disease Research Foundation.

J. Gutierrez

Josephine T. (Visnovski) Gutierrez, 82, of Caseyville, died at 12:10 a.m. Saturday, Feb. 25, 1995, at Swansea Care Center, Swansea. She was born Sept. 6, 1912, in Washington Park.

Mrs. Gutierrez was a member of the Hollywood Heights Fire Department Auxiliary.

Survivors include one son, Melvin Gutierrez of Godfrey; two daughters, Floretta Gutierrez of Springfield, Ill., and Marian Hayes of Troy; one brother, Stanley Visnovski of East Alton; three sisters, Helen Kromray of Granite City, Sophia Winkler of Sun City, Ariz., and Mary Drogi of Orlando, Fla.; nine grandchildren; 12 great-grandchildren; and one great-great-grandchild.

She was preceded in death by her husband, Floyd Gutierrez, who died Nov. 13, 1980; her parents, George and Victoria (Mecol) Visnovski; and one brother, Joseph Visnovski.

Services were held Tuesday at St. Stephen Catholic Church, Caseyville, with the Rev. Thomas Flach officiating. Burial was in Mount Carmel Cemetery, Belleville. Arrangements were handled by Herbert A. Kassly Funeral Home, Collinsville.

Memorials are requested for the American Cancer Society.



Mary Alice Root

Mary Alice (Rogers) Root, 79, of Granite City, died at 6:15 p.m.

Painting

(Continued from Page 1A)

"I don't know how we'll do, and I don't really care," she said. "It is more important to show the community how involved the local Rotary is."

"The majority of the community doesn't realize what our small Rotary does," she said. "We're small in number but we're mighty."

Carrey said the project turned out "very well" for her students. "It gives them something to do for the community that looks nice, and it gives them the idea that art is not just always the little things," she said. "Art can be something to make things prettier and nicer, and you can paint on a large scale."

She said most of her students' works are smaller paintings, but she hopes to be able to do a mural.

Carl Carnes, another student, wasn't sure what all was involved before starting the project, but said he liked it.

"I thought it was a pretty good project," he said. "It's something for us to do that is interesting and learn about how the Rotary helps the different groups."

Miranda Mosby agreed.

"I think it was a good experience for us," she said. "The Rotary has done a lot of things for our school, and this is just a way for us to give it back."

Saturday, Feb. 25, 1995, at Anderson Hospital, Maryville. She was born Nov. 28, 1915, in Campbellsville, Ky.

A custodial worker with Madison County Federal Savings for 16 years prior to her retirement in 1975, she was of the Presbyterian faith.

Survivors include one son, Lloyd E. "Tony" Root of Granite City; two daughters, Ruby Gary of Granite City and Pat Buzick of Collinsville; two brothers, James E. and Millard Douglas Rogers, both of Springfield, Ill.; one sister, Emma R. Rogers of New Berlin, Ill.; seven grandchildren; 16 great-grandchildren; and one great-great-grandchild.

She was preceded in death by her husband, Edward Root, whom she married Dec. 13, 1930, and who died Feb. 26, 1992; her parents, Elmer D. and Ella (Kirtley) Rogers; and one brother, Coleman Rogers.

Services are at 11 a.m. today, Wednesday, at Irwin Chapel, 3960 Maryville Road, Granite City, with the Rev. Frank Brunals officiating. Burial will be in Sunset Hill Memorial Estates, Glen Carbon.

M. Vlachslavovna

Maxiaeva Olga Vlachslavovna, 27, of St. Louis, formerly of Russia, died at 3:10 a.m. Monday, Feb. 20, 1995, following an auto mobile accident on Highway 40 in St. Louis. She was born Dec. 16, 1967, in Moscow Region Russia and had been a resident of St. Louis for more than two years.

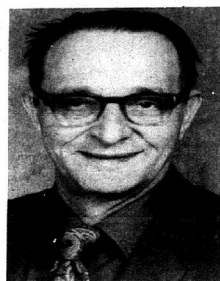
Maxiaeva was a dancer—and entertainer—with Diamond Cabaret in Centerville.

Survivors include her husband, Meshkov Igor Vladimirovich; one daughter, Marina Igor Meshkova of St. Louis; her parents, Maxiaeva Vlachslav Andreevich and Max-

iaeva Lidiya Ivanovna, both of Russia; and one sister, Tatiana Maxiaeva of Russia.

A memorial service will be held at 2 p.m. Saturday, March 4, at Irwin Chapel, 3960 Maryville Road, Granite City, with the Rev. T. Thomas Succarotte officiating. Burial will be in Russia.

Memorials to the family are suggested.



Dorsey Kee

Dorsey N. Kee, 87, of Granite City, died at 9 a.m. Saturday, Feb. 25, 1995, at his residence. He was born Sept. 3, 1907, in Brays, Mo. A flesh dryer operator with Union Starch for 42 years, he was a World War II Army veteran and of the Protestant faith.

Survivors include one son, Donald Jones of Glen Carbon; two daughters, Wanda Gibson and Margaret Barton, both of Granite City; one brother, Earl Kee of Fairmont City; one sister, Martha St. Clair of Iberia, Mo.; 14 grandchildren; and 18 great-grandchildren.

He was preceded in death by his wife, Ethel (Duvall) Kee, whom he married in 1952; one son, Billy Kee; and his parents, William and Cora (Malmberg) Kee.

Services were held Monday at Irwin Chapel, Granite City, with the Rev. Kenny Brand officiating. Burial was in Sunset Hill Memorial Estates, Glen Carbon.

Stroke group to meet Wednesday?

A Stroke Support Group, designed for persons who have suffered a stroke and their family or care givers, will meet at St. Elizabeth Medical Center.

The next meeting is scheduled for 6:30 p.m. Wednesday, March 8, in the President's Room, located on the ground floor, inside Bonaventure's Cafeteria, at SEMC, 2100 Madison Ave., in Granite City.

If you cannot attend this meeting and would like information on the group and future meeting dates, call SEMC's Social Work Department at 788-3018.

Price

(Continued from Page 1A)

The list is the third in a series of recommended cuts resulting from federal legislation enacted almost a decade ago. Cuts were also made in 1991 and 1993 in an attempt to downsize the nation's military.

But the list is by no means final. The Base Realignment and Closure Commission (BRACC), chaired by former U.S. Sen. Alan Dixon, will hold hearings on the recommendations and submit a revised list to President Bill Clinton and Congress by mid-summer.

The Price Center has been recommended for closure twice in the past. Both times, officials have managed to keep the installation open.

The Price Center's primary function is to support the Army's Aviation and Troop Command in St. Louis — also on the list of military installations recommended for closure.

But Price also supports Army, Navy and Marine reserve units and an Illinois National Guard unit. It is scheduled to soon become home to a Coast Guard base and currently houses troops stationed in St. Louis. Price also currently provides a number of contractual functions for the military.

Local officials have said they will emphasize the diversity and uniqueness of Price's military function as they present their case to the BRACC Commission in coming months.

The payroll at the Price Center is between \$5 million and \$6 million. Estimates of the number of employees there vary between 200 and 900.

The base is also home to about 100 children who attend Granite City schools. The Granite City School District receives about \$110,000 annually from the federal government to educate those children.

The Leadership Council Southwestern Illinois, which is spearheading the drive to save local military installations, was to convene area leaders Tuesday afternoon to discuss strategy during the BRACC process.

Benefit Concert to Save the Child War Victims in Croatia and Bosnia-Herzegovina



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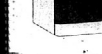
Fewer than 1 took advantage of freeze designed Madison County applications would I thought more next year. The 20,106 re-homesteaded for the freeze. Feb. 15 was estate tax bills. Area county assessment from complaints from early January. The law, which the 1994 level, household income not trying to work. "We don't want to put them in fact. Other counties as a tax rate. From the



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Evidence that blains and sym study. Entitled Neurolymphatic study's more s respiratory fun means that the reported improv study goes on t the technique as have a history o Chiropractic's its purpose is n A STEVART JR. stress, you mig rather than the coin trail. Suite chiropractic car P.S. The Austral with normal fun from chiropractic



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Seniors cool to state tax freeze

Fewer than half of the eligible senior citizens in Madison County took advantage of the new statewide property tax assessment freeze designed to benefit them.

Madison County Supervisor of Assessments Bob Harris said 9,046 applications were received in his office by the deadline.

"I thought there would be about 15,000. Maybe there will be more next year," he said.

The 20,105 real estate taxpayers 65 and older who qualify for the homestead exemption in the county were notified they could apply for the freeze, he said Tuesday.

Feb. 15 was the deadline for applying for the freeze on real estate tax bills going out this year.

Area counties had set a hodgepodge of deadlines after the assessment freeze was passed Nov. 30. But in response to complaints from county officials, lawmakers passed another bill in early January setting the Feb. 15 deadline statewide.

The law, which allows taxpayers to freeze their assessment at the 1994 level, limits the benefit to homeowners 65 or older with household incomes of less than \$35,000, but Harris said his office is not trying to verify incomes.

"We don't have the staff to verify 9,000 forms, so we're accepting them at face value," he said.

Other counties required applicants to show proof of income, such as a tax return or Social Security statement.

—From the Alton Telegraph

Variety Club weekend for kids starts Saturday

The St. Louis Variety Club's Gold Hearts promotion, in conjunction with Variety's annual telethon, will help disabled and disadvantaged children in the Greater St. Louis area.

Variety provides direct support to approximately 900 families who need medical equipment for disabled children and underwrites therapeutic and educational programs at 188 children's agencies. The "Dinner with the Stars" kicks off the telethon on Saturday, with a reception starting at 5:30 p.m. followed by a dinner show at the Adam's Mark Hotel. The program includes a special tribute to Dr. William Danforth and Marion Black, Variety's Man and Woman of the Year.

Lou Rawls, Louise Mandrell and the Dallas Cowboys Cheerleaders are among the stars performing at the dinner show.

John Goodman, John Forsythe, Jim Nabors and Tony Orlando will join the scene when the telethon begins its broadcast at 10:30 p.m. Saturday, on KMOV-TV (Channel 4).

Tickets for the telethon dinner are available through the Variety Club office.

Gold hearts, which contribute toward the telethon, are available for \$2 each at CPI Fox Photo, Maggie Moo's Creamery in Ladue, Spicer's 5 & 10, Einersons Chiropractic and McKendree College in Lebanon.

Hearts also may be purchased at: Asthma & Allergy Foundation, Big Brothers Big Sisters of Southwestern Illinois, Cardinal Ritter Institute, Catholic Charities, Catholic Community Services, Catholic Family Services, Central Institute for the Deaf, Child Center of Our Lady, Childgarden, Cornerstone, Crider Center for Mental Health, Family Resource Center, Grace Hill, Hope House, Illinois Center for Autism, Jamestown New Horizons, Jefferson County ARC, Kingdom House, Lemay Day Care Center, Lutheran Family and Children's Services, Mammie O. Stookey School, Marian Hall Agencies, Marygrove, Midtown Catholic Community Services, Miriam

School Foundation, P.A.K.T. Inc., Ponybird, PRIME CARE, SLARC, St. Joseph's Home for Children, St. Louis Children's Hospital, St. Louis Society for Children and Adults with Physical Disabilities and United Church Neighborhood House.

For more information, call the Variety Club at 821-8184.



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Time For Some Pre-Spring Tips from the experts at FRANK'S®

March is finally here! True, balm breezes are still a way off, but now that January and February are behind us, it's time to start thinking spring. And it will be here, officially anyway, in about three weeks.

Here are some great ways to welcome the month of March.

If any fences or trellises are in need of repair, take care of it now, before new plant growth begins.

Do not work wet soil. Wait until the soil is slightly moist or dry and crumbles when handled.

If you want fresh herbs but don't have the space in your garden, try growing parsley, basil, mints and thyme indoors in a sunny window.

It's safe to begin pruning now - at least some of it. You can get rid of crossed, dead and crowded limbs to maintain landscape plant growth habits, to keep them manageable, and to give them form and beauty. But delay pruning roses until buds swell, indicating which tissue has been winter-killed.

Check perennials for signs of frost heaving. Gently push plants back into the soil to their proper depth.

Give your bird feeders a checkup. See if any need repair and/or cleaning. Even if the bird feeders don't the ground below probably will.

If you didn't clean up your garden last fall, March is the month to do it. It should be done before planting crops, to reduce future insect and disease problems.

Dormant oil is very effective against many pests. Wait until the temperature gets above 40° before applying it, however.

Remove mulch covering spring flowering bulbs as the new growth appears.

If you're planning on starting a vegetable garden this year, pick a location that receives at least eight hours of full sun. The tallest crops should be planted along the north or northeast side.

When purchasing vegetable seeds such as radishes and carrots, buy enough for successive plantings to extend your harvest.

When you finally bring out the rake for the first time this season, take it easy. Don't apply too much pressure or you may tear out grass tufts. If this should happen, replace the clumps, and tamp them down firm, and level, just like golfers (some of 'em, anyway) do on the course. The turf will grow back and blend in nicely.

When you're finished raking, consider starting a compost pile with all the stuff from the lawn. We've talked about the benefits of composting, and we'll mention them again in an upcoming article.

In case you missed last Sunday's column, we're once again inviting everyone to send in their tips, questions and/or ideas on any topic we've covered in these columns. We'll begin printing some of them soon. You'll be able to share your great tip with others and get recognition for it as well.

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Watch Sunday's Journal for more tips from the experts at Frank's!



Back Talk
by Dr. Warren A. Stewart, Jr.

BREATHING EASIER

Evidence that chiropractic treatment is appropriate for physical problems and symptoms other than back pain comes from an Australian study. Entitled "Effects of Soft Tissue Techniques and Chapman's Neurolymphatic Reflex Stimulation on Respiratory Function," the study's more simple conclusion is that spinal manipulation improves respiratory function in patients with subnormal lung capacity. This means that those who have suffered from asthma or bronchitis have reported improved breathing capacity after chiropractic treatment. The study goes on to say that there is a therapeutic value in using chiropractic technique as part of a comprehensive treatment plan for those who have a history of diminished lung capacity.

Chiropractic's success with asthmatics is well documented. And yet its purpose is not to treat respiratory diseases. At the office of WARREN A. STEWART JR., D.C., our aim is to remove nerve interference or spinal stress - you might say that we care for the person who has the disease rather than the disease that has the person. We're located at 10251 Lincoln Trail, Suite 12, Fairview Heights, where we provide safe and gentle chiropractic care for the entire family. Call 398-2121, M-F 8am-6pm.

P.S. The Australian study mentioned above does not indicate that people with normal lung capacity will experience significant respiratory benefit from chiropractic treatment.



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Base backers at third of goal

Officials spearheading a drive to save two Metro East military bases are pursuing their goal of raising \$1 million for the project. Leadership Council Southwest Illinois is leading the effort to prevent closure of Scott Air Force Base near Belleville and the Melvin Price Support Center in Granite City. The Base Realignment and Closure Commission is expected to release a list of recommendations for base closings by Wednesday, today.

Council executive director Jim Pennekamp said the group has collected about \$308,000 in cash and has received numerous in-kind donations of equipment and personnel.

"We're encouraged by donations so far," he said. "It's hard to put a dollar figure on the in-kind donations, but they go a long way toward the \$1 million."

Granite City contributed \$6,552 to the effort in January. Pennekamp said expected costs for the effort include about \$360,000 in consulting fees and \$600,000 in personnel, equipment and operations costs. The council's campaign will include lobbying efforts in Washington, D.C., by area officials and consultants.

"We plan on spending as much as it takes but as little as possible," Pennekamp said. "For a first-class effort to fully defend these bases and possibly enhance them through the (closure commission) process, we believe these figures are correct."

The council is seeking \$280,000 from municipal and county officials in Madison and St. Clair counties. Madison County has pledged \$100,000 to the effort and St. Clair County is considering a similar donation.

The bases have an estimated annual economic impact of \$1.2 billion on the St. Louis area, officials have said.

The base realignment commission recommendations will be

sent to President Clinton upon completion. Clinton is expected to approve or reject the recommendations in July.

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Six Mile meeting

The Old Six Mile Historical Society will hold its March meeting at 7 p.m. Monday, March 6, at the Central Christian Church, 2020 Johnson Road, Granite City. The speaker, Robert Dawes of the Granite City Fire Department, will speak about juvenile fire starters.

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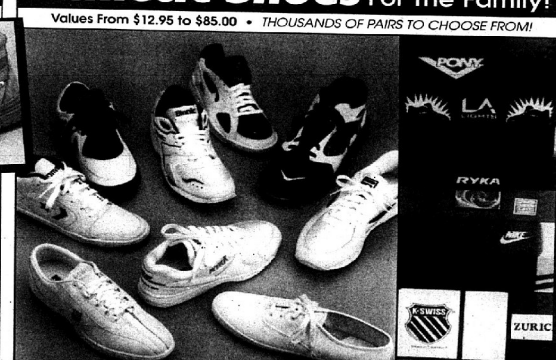


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Calendar

(Continued from Page 4A)
the secretary and Alfred Turner is the pastor.

Sunday, March 5

Eagles Auxiliary 1126 will attend the District 7 meeting in Collinsville, hosted by Collinsville Auxiliary 1061. The officers meeting will be at 1:30 p.m. and the regular meeting at 2 p.m. Dinner and a social hour will follow the meeting. Contact Ann Pates, 931-8825, or Joanne Spencer, 451-2716, to car pool. The group will leave the Granite City Eagles Home, 2558 Madison Ave., at noon. The Pontoon Beach Jaycees regular meeting is held at 7:30 p.m. at Ralph and Charlie's Steak House. The meetings are open and the public is invited.

Senior Social Club, meets at the Township Hall, doors open at 12:30 p.m., bingo and games start at 2 p.m. Call 877-1215 for more details. Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City, 1 (800) 307-6600.

Eagles Auxiliary 1126 Bingo, 1 p.m. at the Nameoki Bingo Center. Also included will be a color raffle and a 50-50 drawing.

Overeaters Anonymous, meets at 2 p.m. in the Wiesman Room, first floor, St. Elizabeth Medical Center in Granite City.

(babysitter available), 463-2429. Alateen and PreAlateen Program for 12 to 17 age group, and prelateen for six to 11 year age group, meets at 8 p.m. at Niedringhaus United Methodist Church, 20th and Delmar. For more information call 463-2429.

The Blood of the Lamb prayer and bible study. The public is invited to come for praise and worship, teaching from the Word and prayer for your needs from 10:30 a.m. to 12:30 p.m. at Full Gospel Fellowship Hall, 2301 Orville, Granite City. A nursery will be provided. If a ride is needed, call 451-4030 or 1 (314) 888-1865.

The Circle of Hope, a 12-step healing program for anyone whose life is affected by HIV infection meets at 7 p.m. at the King's House on North 66th Street in Belleville. For more information, call 294-0291.

Granite City Kiwanis meet at Shoney's at 7:30 a.m. Narcotics Anonymous, Path to Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409. School of Metaphysics, 7:30 to 10:30 p.m., 9459 Roslan Place, St. John, Mo. 63114. Classes in applied metaphysics. Call Melanie McManus at 429-0076.

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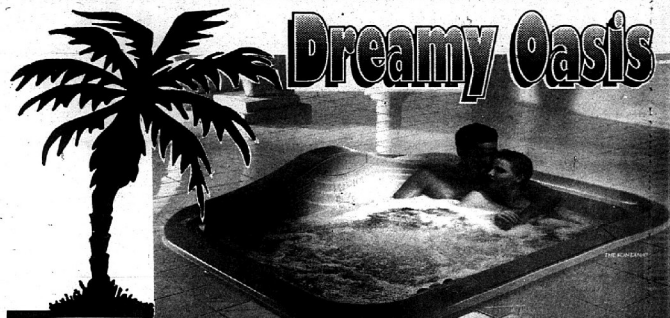
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Monday, March 6

Disabled American Veterans Chapter 53 Auxiliary, 1417 Cleveland, St. Granite City, 876-7816, 8 p.m.

Eagles Auxiliary 1126 escort team will hold a practice session at 7 p.m. at the Eagles Home, 2558 Madison Ave., in Granite City. Anyone interested in joining may practice. Contact Joanne Spencer, captain, for more information.

Old Six Mile Historical Society will hold its meeting at 7 p.m. at Central Christian Church, 2020 Johnson Road, Granite City. The speaker will be Robert Davies. The topic will be Juvenile fire starters.

Quad City Youth Fellowship Adult Board, 2287 Cleveland, 7 p.m., 931-3480 or 877-4848.

Camera Explorers Club, Hartford Public Library, 143 W. Hawthorne St., 7 p.m., call Beverly Zager, 463-4294.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 463-2429.

Neglected Victims of Child Sexual Abuse, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 682-2197 for details.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City, 876-2124.

TOPS IL 645, 7 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 452-5102. Men and women welcome.

Wal-Mart Senior Citizens, bingo, 7:30 to 8:30 a.m.

Tuesday, March 7

Diabetes Support Group, 1 to 3 p.m., President's Room, St. Elizabeth Medical Center, 798-9456.

Alliance for the Mentally III of Madison County, (AMI) meets 7 p.m. to 9 p.m. at the Mental Health Clinic, 50 Industrial Drive, Granite City. For information call 798-3604.

Elkettes, Granite City Lodge 1063, Maryville Road, 931-3557, 7 p.m.

Granite City Unit, Madison County Homemakers Extension Association, noon, Anchorage Recreation Center. For more information call 876-7026 or 931-3735.

Trile Unit, Madison County Homemakers Extension Association, noon, Hope Lutheran Church, 3715 Washburn Ave., Granite City. Pontoon Beach Village Hall, 3910 Highway 111, 6:30 p.m.

Madison County Legal Secretaries Association, meets at 6:30 p.m. at Gemo's 140 Club in Bethalto. Open to everyone in legal field: attorneys, legal secretaries, support staff, court reporters and court personnel. For reservations, call Lisa Lange at 666-4646.

TOPS 1698, Take Off Pounds Sensibly will meet at 6:45 p.m. at the Anchorage Recreation Center, 2902 Edwards St., call 797-2724 for more information. Men and women are welcome to attend.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Al-Anon, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 463-2429.

Al-Anon, 8 p.m., Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City

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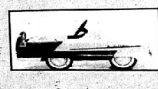
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Wrestling

(Continued from Page 18)

shared state title with Oak Lawn Reavis under legendary coach Bill "Red" Schmitt.

This year's state tournament was scheduled to be held last Saturday at Illinois State University's Redbird Arena in Normal. Granite City now ends the season with a perfect record at 25-0.

"I think it was the best," Garland said of this year's team. "It means nothing now. This team is gone. It's really discouraging that it's hard to get motivated for next season."

It's not a total loss. We

placed four kids at the individual state tournament. (But it's a hollow feeling at the end of it.)

On Feb. 21, the Warriors were scheduled to wrestle Mt. Vernon in a sectional semifinal match. But the IHSA suspended the tournament "indefinitely" upon the Illinois Supreme Court's refusal to hear an appeal against a lower-court ruling favoring the eligibility of Chicago Mount Carmel.

The IHSA's legal setback cast doubt on the rest of the season and resulted in an investigation of each team that had qualified for the dual team wrestling

series. Mt. Carmel had been found in violation of a rule limiting teams to four varsity tournaments per season.

Mt. Carmel, the three-time defending state champion, was ruled ineligible for the state dual team tournament after the IHSA discovered the Caravan had sent a junior varsity team to a varsity tournament in December. But Mt. Carmel received an injunction to delay the Chicago Marist Regional, and the IHSA lost two subsequent appeals to overturn the court ruling.

Although the IHSA's latest investigation failed to turn up

any teams that had committed a similar scheduling infraction, the IHSA ended all speculation Monday by closing the season.

It was a controversial move that suggested the IHSA was determined to proceed without allowing Mt. Carmel to compete — at the expense of the rest of the teams involved in the state series.

Garland said he viewed the decision as a culmination of a legal battle between the IHSA and a single member school, Mt. Carmel.

"It was Mt. Carmel against the IHSA," Garland said. "It was more of a personal battle than anything, and they didn't care who they hurt."

Garland also questioned the IHSA's stance toward the sport wrestling, considering that last week high school wrestlers throughout the state were left without any idea of when they

might begin competing again.

"The IHSA is supposed to be in it for the benefit of high school athletics," Garland said. "This is going in the opposite direction. They were concerned with the feeling of the kids and the coaches. The IHSA is more concerned with its image than the wrestlers. That's what the IHSA is all about."

"The IHSA could have made this decision a month ago. The IHSA is disoriented and disorganized. They don't have a clue what's going on."

IHSA officials said they set out to guarantee the "integrity" of the tournament, and in the end refused to allow participation by a team that had been found in violation of a bylaw.

"The Board was aware of the impact this decision would have on schools and students who have not violated the participation rule and weighed the ramifications carefully," Fry said. "Even then, there was no escape. What had to be done under the circumstances."

"If schools or athletes can violate the rules without penalty, then the rules become meaningless. If

school sports programs can't maintain integrity, then they do not belong in the schools."

The decision to end the season left teams throughout the state with plenty of unfinished business. The Class A state meet continued last weekend in Normal as scheduled, with Byron winning the state championship. But it seemed to be a particularly cruel ending for GCIS, which was projected to advance to state and perhaps meet Mt. Carmel in the status finals.

Throughout the postseason, there has been speculation that the IHSA did not want to see Mt. Carmel contend for a fourth straight title. Garland said Monday's decision implied that the IHSA considered Mt. Carmel was a lock to win the state title if ruled eligible.

"What the IHSA is saying is they thought we couldn't win it anyway," Garland said. "That's kind of a slap in the face to me. I think that the fact we're from southern Illinois might have made it a little easier for them."

At least granite City has a chance to wrestle them. These kids never had an opportunity."



Garland

Warriors

(Continued from Page 18)

they could beat this team.

"For some reason, it wasn't meant to be. It's a shame that one team has to lose because these kids played so hard."

In a series that was hard-fought from start to finish, Mehlville emerged victorious and earned the opportunity to play at Kiel Center. The Mid-States title games were scheduled to begin at 6 p.m. Tuesday.

Saturday's loss was a painful one for the Warriors, who won the Mid-States Tier II title two years ago at the St. Louis Arena. Granite City was hoping to make a return trip to the Mid-States finals this season, its first under head coach Dave Yurkovich.

GCIS, which ended the year 21-43, completed a tremendous turnaround from last season. The Warriors went winless last year in Tier I competition before returning to Tier II this season.

Under Yurkovich, the Warriors made huge strides, finishing second behind Hazelwood Central in the Tier II Gold Division and contending for the league title.

"It's been a fantastic year," Yurkovich said. "This team's been through the lows and the highs. All that frustration from last year brought us to a peak."

The Warriors, however, could not overcome Thursday's loss to Mehlville. The Panthers needed only a tie in Saturday's game to advance, and Rainey gave them the upper hand when he scored on a rebound shot at 4:08 of the second period.

Both teams had numerous chances to score thereafter, and

the Warriors threatened to tie the game throughout the third period. Late in the game, GCIS needed two goals and a victory. But Mehlville goalie Tim Balis hung on to post the shutout.

"The effort we gave tonight was the effort we gave all year," Yurkovich said. "I can't say anything negative about the way we played. I felt we outplayed them."

"We were playing for two (at the end) we pulled out all the stops."

Balis stopped shots by Ryan Penrod, Chris Angle and Matt Wilson in the closing minutes. The Warriors pulled goalie Robbie Slater with 57 seconds left. Angle fired a shot over Balis' head as time expired.

The Warriors, despite getting outshot 24-20, had plenty of earlier chances to score the equalizer. With 2:24 left in the second period, Chris Hatfield blasted a shot that nicked the crossbar.

Hatfield also came close to scoring midway through the third period, shortly after the Warriors failed to score on a power play.

"Hatfield hits the (iron) twice," Yurkovich said. "He got such a shot off I thought it went off (Balis) face mask. If those two go in, we're headed for the overtime game."

Instead, Mehlville hung on for the shutout after the two teams combined for 12 goals in Thursday's game. The Warriors and the Panthers both failed to score on three power-play opportunities. Mehlville scored four power-play goals Thursday.

Rainey, who scored a hat trick in the first game, struck again

early on in the second period when he followed up his own shot and beat Slater on a rebound goal.

Slater, who worked most of Thursday's game after replacing starter John Napper in the first period, held the Panthers scoreless after Rainey's goal.

"Robbie played fantastic," Yurkovich said. "He kept us right in there and made some great saves."

"I feel we had the upper hand in the game. You make your own breaks, and for some reason it wouldn't go in the net for us."

The two losses to Mehlville were the first for GCIS in over a month. The Warriors lost to Hazelwood Central on Jan. 9 and entered the Mid-States playoffs on an eight-game unbeaten streak.

Granite City swept Hazelwood East and St. Mary's in the first two rounds of the playoffs to advance to the semis.

Yurkovich, who replaced former head coach Jack Hunter this season, teamed up with assistant coach Will Connolly and led the Warriors to within two games of the Mid-States finals. Granite City relied on a mix of senior veterans and a talented group of younger players this season.

Saturday's loss marked the final game for six seniors: Wilson, Napper, Jason Crites, Chris Valencia, Ryan Penrod and Steve Sunde.

"The opportunity to coach these kids has been fantastic," Yurkovich said. "We've got a lot to look forward to next year. We've got a lot coming back."

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SPORTS

•Bills

(Continued from Page 1B)

per, Roland Gray and Monroe Douglass, first, second and third, respectively, are ahead of him. Claggett, averaging 19.4 points per game, is leading the Bills in scoring for the third straight year. He averaged 17.4 points last season, 19.7 two years ago and 10.3 as a freshman.

St. Louis University can't win the league championship this season, but the Billikens should finish in the upper half of the six-team league. With a break or two, they could wind up tied for second place.

It's a wonderful comeback story playing out before big crowds at the new Kiel Center. The Billikens are drawing upwards of 20,000 fans for some of their marquee games.

For the record, they are averaging 17,250 fans per home game, putting them in the top ten nationally. It's a far cry from the early 1980s, when the Bills were lucky to get 4,000 fans at their games.

Of course, winning has something to do with that. From 1973-85, the Billikens went

through 12 straight losing seasons, including a 6-21 record in 1981-82 and a 5-23 mark the next year. They even lost to Southern Illinois University at Edwardsville 67-64 in '82-83.

Fast forward, please. SLU is 28-1 at home the past two years, losing only to Massachusetts earlier this season.

The Billikens have managed to hang with conference big dogs Cincinnati and Memphis. They've split with the Bearcats and the Tigers the past two years, winning both times at home.

SLU, 23-6 last year and 8-4 (tied for second) in the GWU, landed its first NCAA berth since 1957. Now the Bills appear to be back on the road to the Big Dance.

If they can beat DePaul and win at least one game in the conference tournament March 9-11 at Marquette in Milwaukee, the Bills expect to be in the 64-tournament field.

So national aspirations aren't out of the question. The Billikens' biggest goal will be to maintain that winning consistency and extend the continuity

developed by coach Charlie Spoonhour. Their future depends upon it. Remember, the GWU may

fold or combine forces with other schools as early as next season. The formation of a new 12-team league is in the works. It

wouldn't include Dayton, bound for the Atlantic 10 next year. So the Bills will keep on playing on. They can't afford to look

too far ahead. They've got to deal with the present because it's a short slide back to those painful days of a decade ago.

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FAMILY

Births

Arville Bedwell
Arville and Robyn Bedwell of Madison have announced the birth of their second child, a son, Arville George III was born at 9:37 a.m. Dec. 7, 1994, at Anderson Hospital in Maryville. He weighed 8 pounds, 8½ ounces, and joins Afton, 2½.

His maternal grandparents are Robert and Lois Hebbethwaite of Granite City.
Ruth Bedwell of Chicago is the paternal grandmother.

Brianna Buck
Bill and Melissa Buck of Mitchell have announced the birth of their first child a daughter.

Brianna Lee was born Dec. 8, 1994, at Anderson Hospital in Maryville. Paul and Kathy Armstrong of Fort Worth Texas are the maternal grandparents. The paternal grandfather is Norliss Overweg of Moorhead, Minn.

John Whitehead
John and Jeanette (Kathy) Whitehead of Granite City have announced the birth of their second child, a son.

John William Dalton Whitehead was born Dec. 29, 1994, at Anderson Hospital in Maryville. His maternal grandmother is Doretha Ann Landers of Granite City. Mr. and Mrs. Lelloy Whitehead of Dover, Tenn., are the paternal grandparents.

Ashli James
Douglas and Evangeline James of Granite City have announced the birth of their first child, a daughter.

Ashli Nicole was born at 9:27 a.m. Dec. 21, 1994, at Anderson Hospital in Maryville. She weighed 6 pounds, 13.5 ounces.
Vernon and Doris Brown of Granite City are the maternal grandparents.

The paternal grandparents are Lee and Phyllis James of Granite City.

Chelsea Puckett
Rev. Bradley and Bethany Puckett of Granite City have announced the birth of their first child, a daughter.

Chelsea Lynne was born at 2:47 p.m. Dec. 21, 1994, at Anderson Hospital in Maryville. She weighed 7 pounds, 12½ ounces.

Her maternal grandparents are Harold and Linda Bartlett of Morrill, Maine.
Jack Sr. and Kath Puckett of Rockford are the paternal grandparents.

Kirsten Robles
Robert Robles Jr. and Brenda Robles of Granite City have announced the birth of their first child, a daughter.

Kirsten Elizabeth was born at 3:41 p.m. Jan. 9, 1995, at Christian Hospital Northwest, St. Louis, and weighed 8 pounds, 7 ounces.

The mother is the former Brenda Hart.

Maternal grandparents are Kenneth and Audrey Hart of Granite City. Paternal grandparents are Robert Robles Sr. and Dorothy Robles of Granite City.

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12-WEEK RIGHT WEIGH (Weight Control) Program for Adults, March 9 - May 25, Thursdays, 6-7 p.m. Small classes—no special food or supplements. Fee includes manual, body fat composition analysis, recipes, group support, and more. Call extension 1156 for details and registration.

WHAT EVERY WOMAN SHOULD KNOW ABOUT INCONTINENCE. Wednesday, March 15, 7 p.m. Urologists, Dennis Stanczyk, M.D., and Vijay Aher, M.D., will discuss the types of incontinence in women, the symptoms, causes, and treatment options. To register for this free program, call extension 1575.

10-WEEK SENIOR CHAIR/LIGHT AEROBICS, March 21 - May 25, Tuesdays & Thursdays, 9-10 a.m. Program includes chair exercises and light aerobics. To register call extension 1156.

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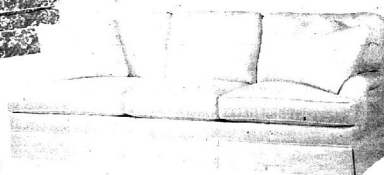
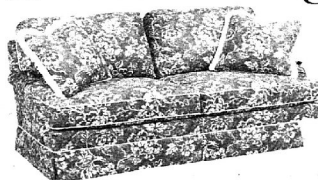
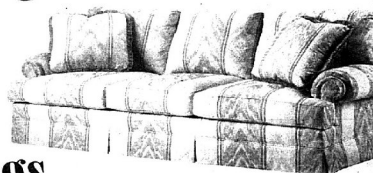
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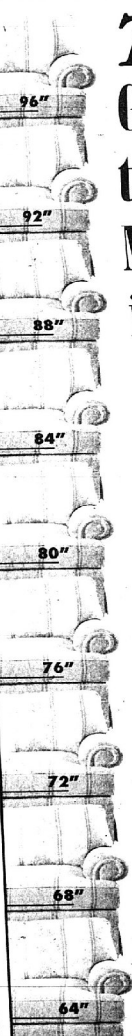
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Horoscope

Wednesday, March 1
A beautiful new moon in Pisces offers a fine opportunity to change your habit patterns, especially those involving overspending or too-fatty foods. Romance strikes without warning (you may fall hard for the computer-repair person or your information-highway pen pal), but it may depart quickly, too. Today is a super day for artists and designers — and it's a great day for spontaneous trips.

ARIES (March 21-April 19). Enjoy powerful friendships, terrific chances to fulfill a longtime longing, and the love of those who know you best. Start a new health regime, including more veggies and fewer heart-challenging fats.
TAURUS (April 20-May 20). Suddenly, you hear yourself expressing a strong feeling or opinion, perhaps to a near stranger — but it's the right thing to speak up. Good money news falls from a long distance

right into your lap.

GEMINI (May 21-June 21). A small loss is of little importance — a closer look shows you've done fine. Responsibilities abandoned by another fall to you. It's a perfect day to call parents or older relatives — or to take the boss an apple.

CANCER (June 22-July 22). An idea hatched with a partner can be a money-maker! Stick it in the incubator until you're sure. Tonight, your mate may have a big surprise for you. Yes, you can learn to computerize personal finances.

LEO (July 23-Aug. 22). You won't have the patience to add, subtract or find the best bargain, so try to find a creative outlet for your super energy — designing ad campaigns and public-relations presentations are favored. A new cafe is a winner.

TODAY'S BIRTHDAY (March 1). Your friends are willing to help all year. It's easier to get through to the power spots after May. Go all out to do your best in a project in June — then, relax with delightful results in July. A partnership leaps a

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hurdle in September. Friends you've helped in the past give you a boost in October. Don't sunglasses to view the future in December!

VIRGO (Aug. 23-Sept. 22). Describe your plan in detail on paper or you may not get it across to those who count. Important people who have helped you in the past may now ask inconvenient favors — find a diplomatic way to say no.

LIBRA (Sept. 23-Oct. 23). Attitude makes the difference at work and with co-workers — any details that go awry are lucky breaks in disguise, leading to important knowledge or people you'll need in the future. Get a checkup.

SCORPIO (Oct. 24-Nov. 21). Romance, exciting plans for creative projects and earning profits through an artistic venture are all possibilities in the next few weeks. Get those original thoughts in order, and believe in yourself. Make a bet, too.

SAGITTARIUS (Nov. 22-Dec. 21). Home is the focus — expect luck by unexpected means. Electrical appliances are temperamental, but you may fall in love with someone you meet at the repair shop, so keep your sense of humor handy.

CAPRICORN (Dec. 22-Jan. 19). Loving relationships need nourishment — express your sweet sentiments, and don't be afraid to sound corny. Writing, calling and in-person interviews in pursuit of profits are favored.

AQUARIUS (Jan. 20-Feb. 18). New jobs, assignments or a second source of income come in very handy now — your particular skills are needed very much, so do a little negotiating to get the best compensation. Ignore jealousy at home.

PISCES (Feb. 19-March 20). Take a break from your duties and drive to the countryside, or otherwise take some personal moments. It's up to you to hold to your beliefs, as others may suggest foolish moves for monetary gain.

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18th Annual Builders HOME & GARDEN SHOW

1995 Builders Home and Garden Show

The 1995 Home and Garden Show will be held Wednesday, March 8 through Sunday, March 12. The show is sponsored by the Home Builders Association of Greater St. Louis and will feature over 500 companies exhibiting home and garden products, elaborate feature gardens and educational seminars.

Show Hours
Wednesday, March 8, 5 p.m. to 10 p.m.; Thursday, Friday and Saturday, March 9 through 11, 11 a.m. to 10 p.m. and Sunday, March 12, 11 a.m. to 6 p.m.

Admission
Ticket prices are six dollars for adults and two dollars for children ages 6-12. Children under age six are admitted free.

Special Show Discounts
Half-Price Adult Admission Coupons are available at all area Schnucks stores. The coupons are good Wednesday, March 8 from 5 p.m. to 10 p.m.; Thursday, March 9 from 11 a.m. to 10 p.m.; and Friday, March 10 from 11 a.m. to 5 p.m.
Free Children's Admission Coupons are available at all area participating McDonald's Restaurants. The coupons are good throughout the entire show.

*Free Senior's Admission Coupons are available in this issue of the Suburban Journals.

Parking/Shuttle
An additional 3,500 parking spaces are available at Laclede's Landing and the Arch garage. Show visitors can park in these lots for two dollars and catch a free shuttle to and from the Convention Center. The Shuttle will run in five-minute intervals throughout the show.

18th Annual Builders HOME & GARDEN SHOW
FREE SENIOR ADMISSION
Thursday, March 9, 11 a.m. - 5 p.m.
Friday, March 10, 11 a.m. - 5 p.m.
Seniors over the age of 62 can present this coupon at the Home Show Box Office Thursday, between 11 a.m. and 5 p.m. and Friday, between 11 a.m. and 5 p.m. and receive one free adult admission. Limit one offer per coupon. Multiple coupons may be used by one family.
Suburban Journals

ENTERTAINMENT

What you see of Fred Rogers is what you get

What do you expect? A closet tyrant? A clone of the crazed TV newscaster who goes bonkers on the air in the movie "Network?" Not Fred Rogers.

What you see with PBS' Mister Rogers is pretty much what you get.

"People say to my wife, 'What's he like?'" Rogers, the star of public television's longest-running children's show, said in the honeyed tones that have reassured generations of kids. "What you see is what you get. It's just who I happen to be."

What Rogers is is the mild-mannered heart of "Mister Rogers' Neighborhood," a fixture since 1968 for preschoolers glued to the tube for their daily fix of educational TV.

The show has been an unexpected success since the first day and wildly enduring, too, reaching 8 million households and child care settings a week, according to its producers.

"I think the program's timeless, sort of an evergreen," said David Newell, Rogers' longtime spokesman and the man who plays Mr. McFeely, the neighbor who runs a speedy delivery service on "Mister Rogers' Neighborhood."

"Fred knows exactly who he is and what his purpose is," Newell said. "He's kind of like an electronic Dr. Seuss. ... He has a mission."

The mission? "He sees himself as a communicator, not as a performer," Newell said. "Communicating with kids is his passion."

Do people go gaga when they see Mister Rogers in real life? "When he's in New York, he can't walk down the street," Newell said. "A lot of Hispanics come up to him and say, 'You taught me English.' They stumbled across it (on TV). ... He speaks right to the camera, very slowly, simply but correctly, usually showing something-he's talking about."

But New York is not really Rogers' cup of tea; he has filmed his shows in Pittsburgh for a more than a quarter-century.

Rogers recalls coming to Manhattan last year to promote a book he'd written and appear on "Live With Regis and Kathie Lee."

"It was frantic," he said. "I thought, 'Is this the pace that people have to live?'"

Rogers said he's happy to remain true to himself, usually calm and distinctly unstarlike.

"They say, 'You are a quiet island in a very hectic day.' It's who I am. I feel the greatest gift we can give to anybody is the gift of our honest self."

Rogers readily admits to his faults and shortcomings. "Of course, I get angry. Of course, I get sad. I have a full range of emotions. I also have a whole smorgasbord of ways of dealing with my feelings," he said. "That is what we should give children. Give them ways to express their rage without hurting themselves or somebody else. That's what the world needs."

As most any parent with kids of TV-watching age knows, every episode of "Mister Rogers' Neighborhood" starts on a homey note, with Rogers, who writes the script, walking in and addressing the viewer one-on-one while he dons his trademark sweater.

The original cardigan, by the way, is in the pop culture section of

the Smithsonian Institution in Washington, next to Archie Bunker's chair and the first M-A-S-H set.

Rogers gets defensive for a moment. "I have really never considered myself a TV star," he said. "I always thought I was a neighbor who just came in for a visit."

Well, a talented neighbor might be more like it. Rogers is a one-man show. He writes the scripts, is the show's puppeteer and also composes the musical score — as a music graduate of Rollins College in Florida, he readily confesses he's a musician at heart.

"I feel these programs are built the way I'd like to make a composition," he said.

Each show emphasizes in some way the importance of children's play. Indeed, one of Rogers' favorite sayings is, "Play is a child's work."

Still, it's a changing world, one that sometimes saddens Rogers.

"If people had told me 25 years ago we would have produced an entire week on divorce, I would have said I don't believe it," he lamented.

Now, in conjunction with CBS-FOX Video, he has put together four new videos focusing on a single subject for young fans: "Love," "Kindness," "Making Music" and "Circus Fun."

He hopes the videos can deliver his message to a wider audience because, he said, "The world doesn't need more graphic demon-

strations of people out of control." With so much televised coverage of awful things in the real world, "What kids need to hear is that ... horrible, scary news is not going to be part of their lives."

"No preschool child can survive if he or she feels as if they are going to be overwhelmed every day."

— Associated Press

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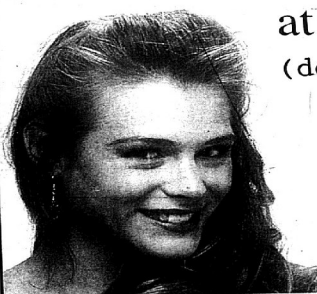
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Today's Food

Wednesday, March 1, 1995

Food & Nutrition

Wise Ways

Add up the numbers on % Daily Values to find how a day's worth of food stacks up on a total day's worth of eating.

INSIDE

Living Lean for Adults

Waltz—skip the ambivalent stroll—through supermarket for marvelous March salads.

INSIDE

Blue Ribbon Cook

Brown sugar sweetens tang of oranges in winning citrus cake.

INSIDE

Private Label Test Run

For a special occasion, cut a slice of President's Choice cheesecake from National Super Markets.

INSIDE

Micro Raves

A chicken in every pot is a quick, easy goal to cook up in a microwave oven.

INSIDE

Lively Taste

Step up flavor a notch by using salsa where ketchup has been the traditional condiment, such as burgers and scrambled eggs. Braise meat in it for nonfat flavor, ladle it over a baked potato, spice up soup with it or toss with corn and black beans for a Southwestern salad.

Health & Fitness

Medicine Chest

Many pharmacies now provide patients with written guidelines for taking medication properly. These written reminders can increase greatly the effectiveness of a medication regimen. Keep those written instructions on hand as reference as long as you take the medicine.

Fresh Picks

Kiwifruit is among today's better vitamin C buys in the produce counter. One medium kiwifruit has the same amount of vitamin C as 3/4 cup reconstituted frozen orange juice. Although the peel is edible, most people like to remove it. The quickest way is to cut off an end, then peel end to end. Although most Americans have not grown up eating it like apples and grapes, it can be used in many of the same ways, except in gelatin. An enzyme offsets the gel qualities and keeps it from solidifying.

Big Fat Tip

The level of fat in any ground meat depends on how much fat is ground up along with the lean meat. Regular ground beef may be about 27 percent fat—that is percent of the weight of the meat as fat, not the percent of calories as fat. Ground turkey usually ranges from 7 to 15 percent fat. Ground beef is not usually this low, but 'extra lean' or 'lean' ground beef is probably in this range. For a more exact comparison, check the percent of fat listed on the meat's label. After that, check with the butcher.

Future Shop

According to McCormick Flavor Division, on average an individual consumes garlic about 15.5 times per year, followed by cinnamon 6.6 times a year. Rounding out the most-consumed spices are oregano, parsley, chili seasoning, onion seasoning, garlic salt, seasoning salt, basil and butter flavor.



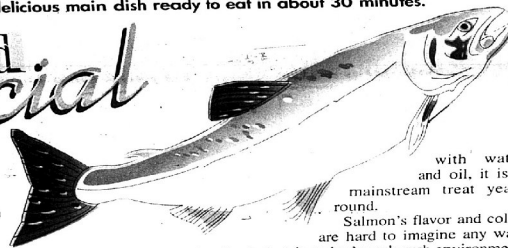
Salmon Linguine is an easy, delicious main dish ready to eat in about 30 minutes.

Seafood Special

By Janice Denham
Staff writer

Once upon a time, when fish in the Midwest came in a can and only swam upstream when fishermen went to nearby streams in summer, tuna was the Friday mainstay and an occasional can of salmon came to dinner on a special-occasion Friday in Lent.

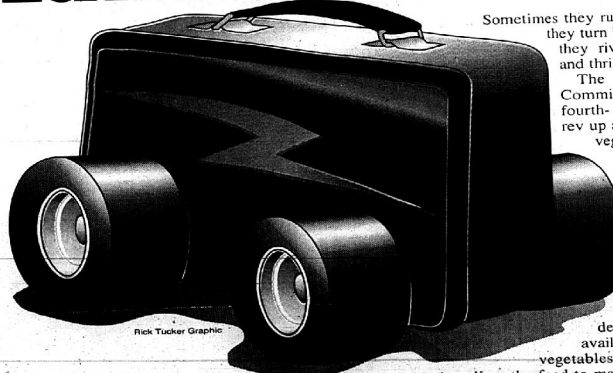
Now that seafood has become adventuresome and swims in tanks, holds on ice and is packed in cans



with water and oil, it is a mainstream treat year-round. Salmon's flavor and color are hard to imagine any way but fresh, but in today's rush-rush environment of quick meals and changeable family feasts, it may not be practical to buy it fresh when it should be used in a day or two.

SEE SEAFOOD, INSIDE TODAY'S FOOD PAGE 2

Kids' Cuisine Lunch Box Derby



Rick Tucker Graphic

Sometimes they run 36 feet. Sometimes they turn into salad. Either way, they rival Daytona in spills and thrills.

The Washington Apple Commission challenges fourth- and fifth-graders to rev up appetites for fruits and vegetables in the Lunch Box Derby. These cars contain high-performance fuel for those who eat them, but fast doesn't take the cake on this 8-foot ramp. Distance is the goal.

Students divide into groups of four to design a vehicle from available parts—fruits and vegetables of every variety. A

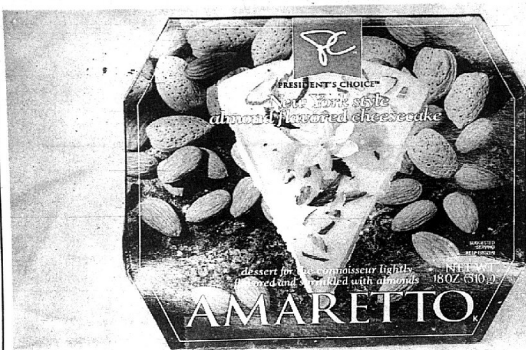
teacher slices the food to make parts conform to the plan. Cars are assembled with 3 bamboo skewers, 4 toothpicks and a rubber band for "control." Vehicles then

coast down the ramp.

Teachers can receive a free sign-up package with racing guidelines, stickers and a nutrition education kit from: Lunch Box Derby, P.O. Box 550, Wenatchee, Wash. 98807, or (509) 663-9600. More than 1,000 classrooms in 35 states entered last year.

Today's Food

Private Label Test Run



Amaretto cheesecake

Testers 'do' dessert over amaretto cake

Testers of President's Choice amaretto cheesecake from National Super Markets were glad they could "do dessert" in this week's Private Label Test Run.

Definitely a special occasion dessert, it is one of four in a series of cheesecakes under the private label. In addition to a basic New York-style cheesecake, the amaretto joins chocolate swirl and key lime variations. Only the amaretto cheesecake was tested.

The tasters liked its almond flavor.

"This doesn't taste fake. It tastes like it should. It reminds me of what I would want in an amaretto-flavored cheesecake," she said.

Another said she likes liqueur flavoring in dishes, rather than on its own. She found the flavor of the cheesecake to "linger" well. At \$3.29 for an 18-ounce cheesecake, it is well-packaged to use intact for company.

"It doesn't take many

ingredients to eat up the budget when it comes to making cheesecake. I don't think this is expensive in comparison," a tester suggested.

"It calls for cutting in four servings, but as a touch of rich sweetness at the end of a meal, I think you could serve it to six."

Testers found the cheesecake easy to eat. "This has everything you eat cheesecake for," was one comment. Another said, "It has a nice creamy feel."

Micro Raves

By KATHY HANEWINKEL

Chicken a natural in microwave

"A chicken in every pot" — a long-ago campaign slogan — can be translated to "a chicken in every microwave" during March, national chicken month.

Chicken, like many other foods, microwaves beautifully. It can be good for the heart. It is nutritious. It is affordable. Not least of all, it is easy to prepare.

Here is how to microwave a chicken.

• If whole, clean the bird and season as desired. If it will be eaten whole, use a browning enhancer, like Kitchen Bouquet Spray. Shield leg and wing tips with small pieces of foil to avoid overcooking.

Place the bird breast-side down on a plate or rack. Cover with waxed paper. Microwave on high power 20 to 30 minutes, turning over the bird about halfway through. If cooking in a plastic cooking bag, timing is the same for a 2½- to 3½-pound bird.

• For 2½ to 3½ pounds of cut-up chicken, arrange pieces meaty-sides up and out on roasting rack or 13-by-9-inch

dish. Cover with waxed paper. Microwave on high 15 to 25 minutes until done. Shield with foil as needed.

People look for something special, tasty and different to bring or serve friends and family and it never hurts if that "something special" is also economical, versatile and easy.

Buy the chicken on sale. It can be frozen and defrosted, or cooked and frozen for later use.

Chicken-Rice Salad is versatile. It can be made the night before serving. It can be molded or scooped into lettuce leaves as chicken salad.

Home economist Kathy Haneinkel specializes in microwave cooking.

CHICKEN-RICE SALAD

- 1 whole chicken breast, or 1 lb. chicken pieces
- ½ cup uncooked rice
- 1 cup water
- ½ tsp. salt

- ½ tsp. oil, if desired
- 1 medium cucumber, peeled, chopped
- 1 large ripe tomato, chopped
- ½ cup diced green bell pepper
- 2 tbsp. finely chopped onion

Dressing

Arrange chicken pieces skin-side up and meaty-side out on microwave-safe dish. Cover with waxed paper. Microwave 7 to 8 minutes on high power, rotating once. Cool. Remove skin and bones. Chop meat in chunks. Chill.

Combine rice, water and oil in 1½-quart casserole. Microwave on high power 4 to 5 minutes until boiling. Reduce power to medium-low (30 percent) and continue to cook about 12 minutes until liquid is absorbed. Cool.

Combine chicken, rice, cucumber, tomato, green pepper and onion. Stir until blended. Pour Dressing over salad. Toss to coat. Press into 5-cup mold, if desired. Refrigerate at least 6 hours for flavors to blend.

Seafood

Continued from page 1C. While salmon's soft bones may be great for extra calcium, their crunchy texture from the can may have worn out their welcome with the family. Voila! Enter skinless and boneless pink salmon to upstage other canned varieties. It requires no extra handling or cleaning, has a neat, pleasing appearance, offers a mild, likable flavor and has seafood's penchant for being low in fat.

These recipes call for this premium variety, but other seafood can be used in its place with delicious results as well.

SALMON LINGUINE

- 1 tbsp. diet margarine
- 2 cups sliced mushrooms
- 1 cup chopped green onion
- 1 cup red bell pepper

- 1 tsp. minced fresh garlic
- 2 tsp. flour
- 2 tsp. dry white wine
- 1 cup buttermilk

- 1 tsp. reduced-sodium chicken bouillon granules
- 2 oz. reduced-fat (neufchâtel) cream cheese

- 2 cups frozen sugar snap peas
- 2 cans (6 oz. each) skinned, boned pink salmon, drained

- 18 oz. uncooked linguine (egg and spinach varieties mixed)
- 3 tbsp. parmesan cheese

- Ground pepper to taste

In saucepan over medium-high heat, sauté mushrooms,

onion, red pepper and garlic in melted butter 5 minutes. Remove from heat. Blend in flour. Pour in wine. Heat, stirring constantly, 2 minutes.

Stir in buttermilk, neufchâtel cheese and bouillon. Reduce heat to low. Simmer 5 minutes.

Add snap peas and salmon. Stir gently. Cover. Set aside.

Cook pasta according to package directions until tender. Drain well. Spray lightly with nonstick olive-oil cooking spray. Toss with parmesan cheese and black pepper.

Pour salmon sauce over pasta. Mix lightly.

Yields 6 servings; 298 calories, 8 g fat and 450 mg sodium each.

Note: Sauce can be refrigerated up to 2 days in advance.

Wise Ways

By LINDA BLUMENBERG

Use 'daily values' detail to set wise eating goals

Nutrition labels were designed to help us make wiser choices in the foods we eat. The column called "Daily Values" are especially helpful. As with any new tool though, this concept will take some time and practice before we are comfortable using it.

Use March — National Nutrition Month — to kick off an effort of a few minutes to learn more about this new nutrition concept.

One use for % Daily Values is to tell whether a food has a lot or a little of a particular nutrient. A figure of 20 percent or higher means the food contains a lot of a nutrient, while 5 percent or less means it contains a little. For example, cereal with a daily value of 20 percent for iron is a good source of this nutrient, while one with 4 percent is not.

Since % Daily Values describe the nutrient content of one serving according to the manufacturers, eating more or less requires adjusting amounts of the nutrients accordingly. For example, a standard serving of ice cream is ½ cup. A person who eats 1 cup ice cream should double the calories and % Daily Values to get an accurate picture of the portion eaten.

% Daily Values are based on the amount of food usually eaten in one day, so the goal is to choose foods that together give about 100 percent of nutrients needed. For nutrients most people need more

plentifully, like fiber and calcium, the goal should be to eat foods that contribute at least 100 percent. For nutrients people tend to overeat — such as fat, cholesterol and sodium — the goal should be to eat no more than 100 percent.

Take this example.

According to current recommendations, an average adult woman who eats about 2,000 calories a day should limit fat to 65 grams per day. For breakfast, she eats one serving of a food with 16 grams fat per serving. The label tells her she has gotten 25% Daily Value for total fat. That means all other foods she eats during the day should add up to no more than 75 percent of the daily value for total fat.

Most people do not need to stick rigidly to the 100 percent total each and every day. The amount can average out over several days.

Compare eating to a vacation budget. If a family has \$1,000 for a 10-day vacation, that averages \$100 to spend per day. If a day at an amusement park costs \$150, the family must spend less on other days to make up for it — or it won't have enough money to make it through 10 days.

So it is with % Daily Values and the foods we eat. Splurging on loads of fat in a fried chicken dinner means the next day we must make up for it by eating more low-fat or nonfat foods.

The nutrition panel also

carries a footnote explaining that % Daily Values are based on a diet of 2,000 calories a day. Of course, some people eat more, some eat less than this amount. Daily calorie needs depend on many factors, like age, height, weight and activity level.

Individuals with higher or lower calorie intakes still can use the % Daily Values to see how a particular food fits their needs.

Consider, for example, an older, inactive woman who needs just 1,500 calories a day. She needs 75 percent of the calories and nutrients required by someone who eats 2,000 calories. To get this, divide 1,500 by 2,000, which equals 0.75 or 75 percent.

She should look at 75 percent, rather than 100 percent, as her average daily goal of calories and fat. If one food provides 25 percent of the daily value for fat, she has about 50% Daily Value for fat remaining for all other foods she eats that day.

Questions about the new food labels and % Daily Values can be answered by Extension nutrition specialists affiliated with land-grant universities.

Certified home economist Linda Blumenberg is nutrition specialist with University Extension (University of Missouri system) in Montgomery County.

Blue Ribbon Cook

Trusty brown sugar pokes into tasty orange cake top

POKE CAKE

Alice Powell, Kirkwood, is the winner of this week's recipe contest for Mandarin Orange Poke Cake. For it she wins a prize of dinner certificates from Pasta House Co.

As far as scratch cakes go, this one is super-easy. With only a few ingredients, it bakes to perfection. The batter can be mixed by hand to keep some oranges intact, or mixed in a blender to make them undetectable.

The brown sugar topping makes this a treat from heaven, but it is a variable for the cake's orange flavor. The topping can be halved for less sweetness, if desired. To a larger cake, double ingredients and bake in a 13-by-9-inch pan.

Recipes in this month's Spring Fruit and Veggie

Recipe Contest will be accepted through March 31 for consideration as winner each week in April. Recipe suggestions include use of fresh rhubarb, asparagus, strawberries, radishes, peas, spinach and others that dominate spring produce.

One recipe per household can be sent to: Spring Fruit and Veggie Recipe Contest, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

As usual, if there is a history to the recipe, it will be considered part of the entry. Along with taste and eye appeal, it will be used as a basis for selecting winners. Originality will be considered although the recipe need not be original.

MANDARIN ORANGE

- 1 cup flour
- 1 cup sugar
- ½ tsp. salt
- 1 tsp. baking soda
- 1 egg
- 1 tsp. vanilla
- 1 can (11 oz.) mandarin oranges
- ½ cup chopped nuts

Topping

Preheat oven to 350°.

Grease 8-inch square cake pan.

In bowl, place flour, sugar, salt, baking soda, egg, vanilla, oranges with their juice and nuts. Beat until smooth.

Bake in prepared pan in preheated oven 30 to 40 minutes.

Remove from oven. Carefully poke holes in cake with tines of fork. Pour Topping over cake.

CAESAR SALAD

- 1 can (6 oz.) skinned, boned pink salmon,

- 12 cups romaine lettuce
- 2 cups Homemade Croutons
- 2 cups diced tomato
- 6 tbsp. grated parmesan cheese

- Freshly ground pepper
- Dressing

In large salad bowl, toss together lettuce, tomato and salmon. Toss Dressing with salad ingredients. Add croutons, parmesan and pepper. Toss again. Serve immediately.

Makes 6 servings; 212 calories, 6.5 g fat and 594 mg sodium each.

Croutons: Cut 1 loaf French bread in ¾-inch cubes. Spray lightly with nonstick olive-oil cooking spray. Sprinkled with garlic powder and Italian herb mixture. Bake in 300° oven 2 hours. Prepare up to 1 week in advance.

Dressing: In blender, mix ½ cup buttermilk, ½ cup reduced-fat sour cream, 4 anchovy filets (rinsed), 1 clove garlic, 1 tablespoon grated parmesan cheese, 1 tablespoon lemon juice and 1 teaspoon olive oil until smooth. Can be refrigerated up to 3 days.

SPRING SYMPHONY SOUP

- 1 tbsp. reduced-fat margarine
- 1 cup chopped green (spring) onion
- 18 oz. frozen asparagus
- 6 cups low-sodium chicken broth
- 2 potatoes, peeled, cubed
- ½ cup buttermilk
- 1 can (6 oz.) skinned, boned pink salmon, drained
- 6 tbsp. reduced-fat sour cream, if desired
- Chopped fresh chives

In 3-quart saucepan, sauté onion in margarine. Reduce heat to low. Cook, covered, until tender.

Stir in asparagus, broth and potato. Simmer 20 minutes.

In blender, puree vegetable mixture. Strain into saucepan. Stir in buttermilk and salmon. Heat gently.

Today's Food

Living Lean for Adults

By LIBBY MILLS

Dance in produce aisle to produce March salad

There is a lot to celebrate during March, National Nutrition Month. The pleasures of the summer harvest are easy to anticipate. Just go to the local supermarket now and pick from the magnificent array of fresh fruits and vegetables.

Walk down a fresh produce aisle. On one side is crisp iceberg lettuce, dark green romaine, tender Boston bibb and curly-edged, colorful red lettuce leaves. Now turn and see what they can be matched with — green and red bell peppers, tomatoes, purple onion, sliced carrots, crunchy water chestnuts and jicama.

For those who need all the ingredients of the fastest fresh food in one place, lined up is another large row of packaged salad combinations from Oriental to Italian.

If lettuce combinations sound bland to you, make salad sing a different, zingy tune.

Give fresh fruits a turn. A wide-array citrus salad is as simple as sliced orange and grapefruit sections added to fresh dark greens.

Combinations are endless. Match strawberries, grapes and fresh or canned pineapple, or switch to juicy apples with raisins and a few walnuts.

For from-the-shelf salad convenience, move to vegeta-

bles. Sliced artichoke hearts, black or green olives, roasted red peppers, French-cut green beans, pickled baby corn, red or garbanzo beans, spicy hot peppers are readily-available items in cans or jars that add swing to any slow salad beat.

Salad can be warm or chilled. Steamed asparagus topped with a light combination of soy sauce and a little olive oil and slivers of almonds move into star status as a main dish.

For simplicity, serve plates of individual vegetables with dressing on the side for dipping fun.

These Marinated Vegetables combine the best of fresh with canned.

Registered dietitian Libby Mills is project manager for the American Heart Association, St. Louis Chapter.

MARINATED VEGETABLES

- 2 cans (16 oz. each) green beans, preferably French-cut
- 2 cans (16 oz. each) whole kernel corn
- 1 can (16 oz.) small peas (petits pois)
- 1 cup chopped celery

- 1 red bell pepper, chopped
- 1 1/2 bunches green onions, chopped
- 1 1/4 cups sugar
- 3/4 cup vinegar, wine vinegar preferred
- 1/2 tsp. dry mustard
- 3 tbsp. oil
- Pinch pepper or garlic powder

In colander, drain liquid from canned vegetables and rinse under running water.

In bowl, combine green beans, corn and peas with celery, red pepper and onion.

Cook sugar, vinegar, dry mustard and oil until sugar is melted. Cool slightly. Pour over vegetables. Add seasoning.

Cover and refrigerate.

Note: Green can replace red bell pepper. A thin layer of pimiento adds color.

Makes 12 servings; 190 calories, 4 g fat, no cholesterol and 367 mg sodium each.

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Today's Food

Recipe

SEAFOOD CURRY POTATO TOPPER

- 1/2 cup vertically sliced onion
- 1 clove garlic, minced
- 2 tsp. oil
- 1 pkg. (16 oz.) frozen broccoli, cauliflower and carrot mixture, thawed
- 1 cup chopped apple

- 3 to 4 tsp. curry powder
- 1/4 tsp. cumin
- 3/4 cup water
- 3/4 cup dry white wine
- 2 tsp. cornstarch
- 2 tsp. lemon juice
- 1 tsp. grated lemon peel
- 1 can (15 1/2 oz.) tuna or salmon, drained, flaked
- 4 (8 oz. each) russet potatoes, baked, hot

Add water, wine, cornstarch, lemon peel and juice. Remove from heat. Gently toss in seafood.

Slit potatoes lengthwise. Gently squeeze from bottom to open. Top with salmon mixture.

Makes 4 servings; 486 calories, 29 g protein, 19 g fat, 51 g carbohydrate, 60 mg cholesterol, 591 mg sodium and 8.7 g fiber each.

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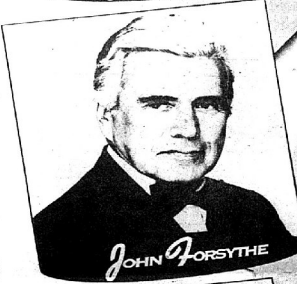
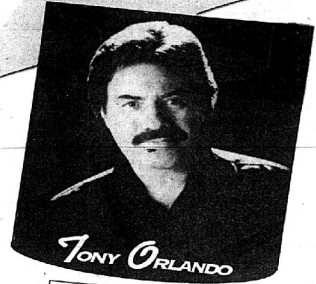
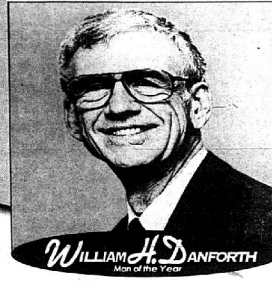
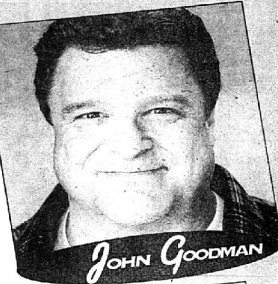
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This weekend St. Louis' own John Goodman will host the Sammy Davis, Jr. Variety Club Telethon on KMOV-Channel 4 with Tony Orlando, Robin Smith and the best and brightest from Hollywood, Las Vegas, Nashville and Branson. Funds raised during Variety's 29th Annual Dinner with the Stars and Telethon at the Adam's Mark Hotel will benefit 185 area children's agencies and help almost 1,000 disabled and disadvantaged children as well.

Appearing in person on this year's entertainment packed 19-hour Telethon are Jim Byrnes, Angie Dickinson, Barbara Fairchild, John Forsythe, Doug Gabriel, John Goodman, Louise Mandrell, Jim Nabors, Tony Orlando, Pump Boys & Dinettes, Lou Rawls, Robin Smith and the Dallas Cowboys Cheerleaders. Russ David is Music Director.

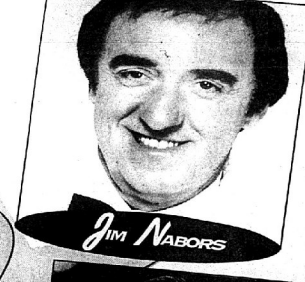
Variety's Man and Woman of the Year, William H. Danforth and Marion Black will be introduced on the 6:30 Preview Show on Channel 4 and will be honored at the Dinner with the Stars which immediately precedes the Telethon. Call 821-8184 for reservations.

Next week local shoppers will discover a bonanza of more than \$100 in savings on name brand food and household items in the March 8 issue of the Suburban Journals which will include the 40-page CASH FOR KIDS coupon supplement.

MORE THAN 850,000 COUPONS HAVE ALSO BEEN DISTRIBUTED THROUGH GRAB A BITE FOR KIDS, THE FAST FOOD INDUSTRY'S FUND RAISER FOR VARIETY'S SPECIAL KIDS.

The Variety Club Telethon is sponsored by AT&T, the Adam's Mark Hotel, Anheuser-Busch Companies, Inc., Emerson Electric, Ralston Purina, Southwestern Bell, the St. Louis Post-Dispatch, the Suburban Journals and TWA. Channel 4 contributes 19 hours of television time and assumes production costs as well.

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PASTA SALAD PACIFICA

- 8 oz. uncooked spiral pasta
- 4 cups (about 10 oz.) broccoli florets
- 1 bunch green onions,

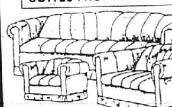
- thinly sliced
- 1 bunch radishes, sliced
- 1 red bell pepper, seeded, cut in chunks
- 1/2 cup pineapple-orange juice
- 2 tsp. olive oil
- Grated peel and juice of 1

- lemon
- 2 cloves garlic, minced
- Salt to taste

Cook pasta according to package directions. Add broccoli last 30 seconds of cooking. Drain in colander. Turn into large bowl.

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(Six miles South of I-64 on Rt. 159.)

Auffenberg BELLEVILLE

234-0330

Monday, Wednesday, Friday 8 AM - 9 PM
Tuesday, Thursday, Saturday 8 AM - 6 PM

Recipe

TOMATO, BAY MOZZARELLA

- 1/4 cup olive oil
- 3 tbsp. chopped basil
- 2 tbsp. red wine
- 2 tsp. grated cheese
- 1 tsp. prepared Pinch salt
- 1 bag (10 oz.) mix with ro
- 4 medium tom
- oz. mozzare
- sliced, cut i
- 1 small red o
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Call De... person... Isn't b... retire...

Eden Villag... by Eden Vill...

Today's Food

Recipe

TOMATO, BASIL AND
MOZZARELLA SALAD

1/4 cup olive oil
3 tbsp. chopped fresh leaf basil
2 tbsp. red wine vinegar
2 tsp. grated parmesan cheese
1 tsp. prepared mustard
Pinch salt
1 bag (10 oz.) Italian salad mix with romaine lettuce
4 medium tomatoes, sliced
4 oz. mozzarella cheese, sliced, cut in strips
1 small red onion, thinly sliced

8 black olives
Freshly ground black pepper
Whisk together oil, basil, vinegar, parmesan, mustard and salt.
Toss salad mix with 3 tablespoons vinegar mixture. Divide salad on 4 plates. Arrange tomato, mozzarella and onion over salad. Drizzle with additional dressing. Garnish with olives. Sprinkle with pepper.

Makes 4 servings; 261 calories, 11 g protein, 20 g fat, 11 g carbohydrate, 344 mg sodium and 16 mg cholesterol each.

**BE A GOOD
NEIGHBOR**

Volunteer.

American Heart
Association

DIRT CHEAP
CIGARETTES, BEER & LIQUOR

"OUR NAME SAYS IT ALL"
"CROSS OVER THE BRIDGE"
THE
"CHAIN OF ROCKS"
BRIDGE

LOWEST PRICE \$799 HARLEY DAVIDSON \$828
GENERIC... CTN. STYLE... CTN.
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SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, and May Complicate Pregnancy.

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NATURAL LIGHT \$439 RED MAN \$409
MILLER HIGH LIFE \$999 STAG \$759
24 CAN SUBCASE 24 CAN SUBCASE

IT'S ALWAYS A LOT OF FUN AT...

DIRT CHEAP

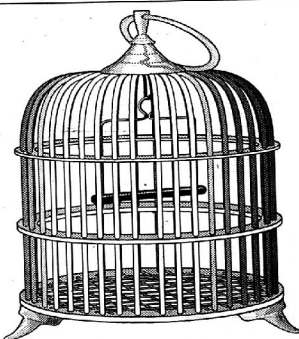
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Bridge", Belleville Exit.

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SUNDAY 12pm.-4pm.



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Spending time alone can be wonderfully relaxing. It can also be painfully lonely. At Eden Village's Retirement Apartments and Duplex Homes, privacy and companionship are our two major concerns. Your secure, private apartment or duplex home, with 24-hour emergency call system, gives you the privacy you need. Yet, friends are just a few steps away. A spacious atrium, convenience store, beauty shop, library, dining room, hobby and exercise rooms, guest quarters, a stocked fishing pond and, of course, our wonderful residents, provide the entertainment and companionship no one can do without.

Call Dorothy to arrange a personal visit.

Isn't this what being retired is all about?

Eden Village
300 S. Station Road, Edwardsville
288-5014

Eden Village Apartments & Duplex Homes is a division of Eden Village, a not-for-profit organization sponsored by Eden United Church of Christ. Eden Village Care Center provides skilled nursing and therapy services.

**WOOD RIVER TOWNSHIP HOSPITAL
COMMUNITY REPORT**

President's report



Jerry Bolandis

**Partnership with SLU is helping
WRTH expand its services**

I'm pleased to announce the second phase of our Hospital's partnership with St. Louis University. We have signed a prestigious team of orthopedic surgeons from St. Louis University Hospital to practice here in Wood River.

This team will be led by Dr. Robert Burdge, the chairman of orthopedic surgery at St. Louis University School of Medicine. This announcement is part of our ongoing strategy to offer the people of this area convenient access to the finest health care in the St. Louis region.

It is also a key component of our five-year plan to take the Hospital off the tax rolls. Approximately 1/13 of our annual operating expenses— or \$2 million— comes from local property taxes. Our ultimate goal is to reduce and then eliminate that tax support. Last summer, the Hospital's Board of Directors approved a plan to restructure the Hospital's long-term bonded debt and reduce our operating costs through a self-insurance fund.

That decision gave the Hospital the resources to begin making important improvements which have helped us recruit new doctors, offer new services and upgrade our facilities and equipment. These new services will attract new patients to the Hospital and help our bottom line. As the Hospital's finances continue to improve, we will be able to reduce our tax levy while fulfilling our mission of offering the highest quality health care to the people we serve.

**St. Louis University Hospital will
open orthopedics center at WRTH**

St. Louis University Hospital will be opening a new orthopedics center at Wood River Township Hospital, announced Hospital President Jerry Bolandis.

"I am delighted to announce that we have signed an agreement to bring this outstanding team of surgeons to practice right here in our community. They will dramatically expand the range of orthopedic services available here and offer convenient access to one of St. Louis' top orthopedic departments," Bolandis said.

In addition to offering general orthopedic surgery, the center will be staffed by surgeons with expertise in sports medicine, pediatric orthopedic surgery, orthopedic tumor surgery, hand surgery and spine surgery.

Dr. Robert E. Burdge, the chairman of orthopedic surgery at St. Louis University School of Medicine, will personally lead an impressive team of surgeons at the center. "We are excited to have a surgeon of Dr. Burdge's caliber and reputation join our staff," Bolandis said. "He is a distinguished surgeon, teacher and researcher who has performed important studies on bone remodeling. Dr.

Burdge is one of only 384 orthopedic surgeons out of more than 25,000 in the nation who have been inducted into the American Orthopedic Association in recognition of his contributions to the field of orthopedic medicine."

He continued, "In addition to Dr. Burdge's national reputation, he is well-known locally for his work in sports medicine. He is the physician-in-charge for the University's athletic department and is a member of the St. Louis University athletic Hall of Fame. He also is the former team physician for the St. Louis Stars and the St. Louis Steamers."

Dr. Burdge himself is a graduate of the St. Louis University School of Medicine. He now directs the University's resident training program. His clinical work has included research into sports medicine, joint replacement, and bone infections.

"Dr. Burdge and his team will be a welcome addition to the local medical community,"

The center will open in just a few weeks. Appointments for patients to see one of the orthopedic surgeons may be made by calling 254-3821.



Remodeling and expansion of SSM Rehabilitation Center

Wood River Township Hospital is in the process of a major remodeling and expansion of its rehabilitation unit. Rehabilitation unit supervisor Nona Witsken stands in front of the construction which is due to be completed later this spring. SSM Rehab Institute of St. Louis, one of the largest and most experienced rehabilitation companies in the region, operates the unit at the Hospital. The unit provides a full array of high-end rehabilitation medicine and services, including physical, occupational, recreational and speech therapy, combined with social and psychiatric services.

Calendar of Events

Hospital Board of Directors
Wednesday March 22 7:30 p.m.

Gamblers Anonymous Every Sunday 7 p.m.
Administrative Conference Room

Emotions Anonymous Every Monday 8 p.m.
Manley Auditorium

Tourette Syndrome Support Group
March 6 7 p.m. Parks Auditorium

Touch Dogs March 20 2:30 p.m.
Manley Auditorium

Up With Life March 27 1 p.m.
Administrative Conference Room

STEMMS Every Tuesday 1 p.m.
South Conference Room

Co-Hearts Every Tuesday 7 p.m.
Administrative Conference Room

Project H.E.A.R.T. March 1, 15, 29 2 p.m.
Manley Auditorium

Fibromyalgia Support Group March 16
1 p.m. Manley Auditorium

Overeaters Anonymous Every Friday
7:30 p.m. Manley Auditorium

Alcoholics Anonymous Every Saturday
7 p.m. Manley Auditorium

Did you know?

- ♦ Wood River Hospital owns Medco Ambulance Service, the 911 responder in Wood River and Roxana.
- ♦ Medco Ambulance is the only area service which has two paramedics respond to every call.
- ♦ The Hospital's emergency room is staffed by specially trained physicians from EMC, a St. Louis emergency services company.

**SLU cardiology team is now taking
appointments for cardiac evaluations**

St. Louis University's nationally recognized cardiology team is taking appointments for cardiac evaluations at Wood River Township Hospital. Physicians will be available to meet

patients every Tuesday at the Hospital. Patients may be referred by their physician, but a referral is not required. Please call 251-7553 to make an appointment.

**Board of Directors goal is to take
Hospital off tax rolls in five years**

In 1994, the Board of Directors of Wood River Township Hospital approved a long-term strategy that has placed the Hospital on solid financial footing and, over the course of five years, is intended to take the Hospital off the tax rolls.

"We faced some difficult decisions last year about the Hospital's future. But the decision we made to refinance the Hospital's long-term debt and raise taxes in the short term to reduce our insurance costs have placed the Hospital on better financial footing and laid the groundwork to, we believe, take the Hospital off the tax rolls in five years," said Hospital Board Chairman Brad Pulaski.

Longtime Board member Dale Brueggemann said, "Like dozens of hospitals all around the State which treat patients regardless of their ability to pay, Wood River suffered substantial losses in

the 1980s due to state underfunding of Medicaid and chronic late payment of bills. We have managed to bring our long-term debt under control and move forward."

Board member Terri Hayden said, "We now are working on plans to expand and improve the services we offer to attract new patients and continue to improve the Hospital's bottom line."

Board member George Machino said, "We have made some difficult decisions in the last year but the decisions we made were necessary to save an important community resource."

"The future looks brighter now than ever before for the Hospital," said Board member Jan Fessler. "We're making some important changes to bring to this area the kind of health care services the people of this area want and expect from a first-class health care facility."

**Wood River Township taxpayers
are eligible for special tax rebate**

Wood River Township taxpayers are eligible for a special property tax rebate at Wood River Township Hospital.

Taxpayers receive dollar-for-dollar credit off their medical bills equal to the property taxes they pay to support the Hospital. The credit is applied after all insurance payments and may be used for deductibles, co-payments or other out-of-pocket expenses for patients. Call 254-3821 for more information.

**Confused about
health insurance?**

The issue of health insurance can be complex. Wood River Township Hospital accepts all major health insurance plans, Medicare and Medicaid. In addition, the Hospital is a preferred provider for Blue Cross Alliance, Metropolitan, Physicians Health Plan, Travelers, and Equicor. If you have any questions about insurance or billing, please call the Hospital's financial office at 254-3821.

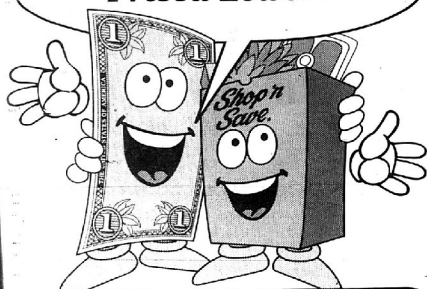
For information on these or other services, please call 251-7508.

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**Chicken of the Sea
Chunk Light Tuna**

**Everything's
Priced Lower!**



3/\$1

IN WATER
6.25-OZ. CAN
LIMIT 3

**•BONUS•
RED TAG VALUE!**

**Kellogg's Cereal
RICE KRISPIES, FROSTED
MINI WHEATS OR CORN POPS**

2/\$4
15 TO
20.4-OZ.

**Colgate
Shave Cream**

2/\$1
11-OUNCE
CAN
LIMIT 2 PKGS. WHILE QUANTITIES LAST

**Kraft
Macaroni & Cheese**

49¢
7.25-OZ.
PKG.

**Pevely Lite
Ice Cream**

99¢
HALF
GALLON
LIMIT 2 WITH \$10.00 ADDITIONAL PURCHASE



**Campbell's
Tomato Soup**

2/89¢
10.75
OZ.

**ASSORTED VARIETIES
Pillsbury
Cake Mix**

79¢
18-OZ.
PKG.

**ASSORTED VARIETIES
Hormel
Chili**

89¢
15-OZ.
CAN

**ASSORTED VARIETIES
Marzetti
Dressing**

99¢
16-
OZ.

**ASSORTED VARIETIES
Nabisco Premium
Crackers**

98¢
16-OZ.
PKG.

**REGULAR OR LIGHT
Kraft
Miracle Whip**

299
48-OUNCE
JAR

**ASSORTED VARIETIES
Sparkle
Paper Towels**

59¢
1 ROLL

**EVERYDAY LOW PRICE
1 1/2 Dozen
Medium Eggs**

59¢
18-CT.
LIMIT 6

**24-Pack
Coke Classic,
Diet Coke or Sprite**

488
12-OUNCE CANS
LIMIT 6
2-LTR. COKE, DIET COKE OR SPRITE 79¢
LIMIT 6, OVER LIMIT 99¢

**ASSORTED VARIETIES
Prego
Spaghetti Sauce**

2/\$3
27 TO
30-OZ.

**WHILE SUPPLIES LAST
SELECTED VARIETIES
Shop'n Save
Can Vegetables**

8/\$1
14 TO
15-OZ.
LIMIT 16 COMBINED VARIETIES

**SELECTED VARIETIES
Creamette
Pasta**

59¢
16
OZ.

**LIMIT 2 WHILE QUANTITIES LAST
.15-OZ. PKG.
Blistex
Lip Balm**

2/\$1

**JUMBO
Angel Soft White
Bath Tissue**

389
9-ROLL
PACKAGE

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♪ The more you shop ♪
the more you save. SM

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Day at Shop'n Save

Counting Calories? Check These Values.

Low Fat, No Fat and Light Ideas!

**Prairie Farms
Skim or
Low Fat
1/2% Milk**



1 99
GALLON

IN WATER
**Chicken
of the Sea
Chunk
Light Tuna**



3/\$1
6.25-OZ.
CAN
LIMIT 3

NEW!
**Oscar Mayer
Fat Free
Hot Dogs**



2 29
14-OZ. PKG.

FROZEN
**Prairie Farms
No Fat Yogurt** **2 59**
HALF GALLON

PLAIN
**Dannon
No Fat Yogurt** **2/99¢**
8 OZ.

GROCERY DEPT.
**Marzetti Fat Free
Slaw Dressing** **2 39**
16-OUNCE BOTTLE

REDUCED FAT
**Keebler Townhouse
Crackers** **1 88**
13-OUNCE BOX

IN WATER
**Starkist Chunk
Light Tuna** **1 89**
12-OUNCE CAN

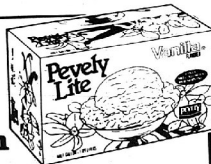
NABISCO
STICKS OR TWIST
**Mr. Salty Fat Free
Pretzels** **98¢**
10 OZ.

NEW!
**Oscar Mayer
Fat Free Bologna** .. **1 99**
12-OUNCE PACKAGE

BUTTERBALL
**Fat Free
Turkey Breast** **1 79**
6-OUNCE PACKAGE

LOUIS RICH
DELI THIN
**Fat Free
Turkey Breast** **1 39**
5-OUNCE PACKAGE

**Pevely
Lite
Ice Cream**



99¢
HALF GALLON
LIMIT 2 WITH \$10.00 ADDITIONAL PURCHASE

**Nabisco
Premium
Fat Free Saltines**



98¢
14.5-OZ. BOX

EVERYDAY LOW PRICE
**Kraft
Parkay
Light Quarters**



59¢
1-LB. PKG.

**Pevely Lite
Sour Cream** **99¢**
16 OZ.

**Pevely Lite
Cottage Cheese** **1 25**
16-OUNCE CARTON

WHITE OR WHEAT
**Shop'n Save
Light Bread** **79¢**
16 OZ.

**Kraft Light
Parkay Spread** **1 39**
3-POUND BOWL

EVERYDAY LOW PRICE
**Equal Nutrasweet
Sweetener** **5 99**
200-COUNT PACKAGE



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USDA CHOICE BEEF
**Boneless Bottom
Round Roast**

169
lb. LIMIT
3 PKGS.

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**Whole Eye of
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199
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JUMBO PAK
**Farm Fresh Chicken
Thighs or Drumsticks**

59¢
lb.

**Seitz All Meat
Hot Dogs**

59¢
12-OZ.
PKG.

ALL VARIETIES

**Eckrich
Lunchmakers.....** **99¢** 3.75
OZ.

MEAT OR CHEESE

**Eckrich
Jumbo Franks.....** **119** 1-POUND
PACKAGE

DELI SHOP

**Lenten Favorite
Fresh Tuna Salad..** **399** lb.

**Hunter
Sliced Bologna.....** **119** 1-POUND
PACKAGE

PATTIES OR CHUNKS

**Tyson Boneless
Chicken** **2/\$5** 10.5
OZ.

BAKERY SHOP

**Fresh Baked
Italian Bread.....** **89¢** 16
OZ.

**Hunter
Sliced Bacon.....** **139** 1-POUND
PACKAGE

ALL VARIETIES

**Claussen
Pickles.....** **199** 32-OUNCE
JAR

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**U.S. No. 1
Russet Potatoes**

238
15-LB.
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**Farm Fresh
Catfish Nuggets**

148
lb.

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lb.

50 TO 60-COUNT

**Gulf
Shrimp** **499** lb.

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**Van De Kamp Fish
Sticks or Fillets** **299** 20 TO
21.5-OZ.

VALUE PAK

**Gorton's Fish
Sticks or Portions** **299** 24.5-OUNCE
PACKAGE

Batter Dipped

Fish Fillets **189** lb.

CALIFORNIA

**Navel
Oranges** **4/98¢** 72
CT.

Northwest

Anjou Pears **78¢** lb.

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♪ the more you save. SM

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81 Ford Bronco 5.0, 85,000 miles
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1994 Geo Tracker, 26,000 miles
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